



Northern Kenya Walking Safari with Camels



Trip Highlights

A Journey To Self Discovery

- Spectacular light aircraft flight past Mt Kenya
- Dramatic African Landscapes
- Walking and interacting with camels
- Cultural interaction with the Samburu and Rendille people
- African Wild life (elephants, lions, antelope)
- Sleeping under the stars
- Spectacular sunsets
- Amazing Safari food
- Being with like-minded ladies and challenging yourself to achieve physical goals that you have not achieved before
- Attendance in a transformational life affirming program that will change the way you feel about yourself and your body
- Fully supported women's education, vocational training by an ICF certified professional coach

Northern Kenya Walking Safari Walking With Camels

Dates: 7-15 July 2018

How Long : 8 nights / 9 days

Activity Challenge Level: 3/5

Group size: max 12

Overview

An overwhelming amount of breast cancer survivors, (88 percent) say the disease and its treatment has had a negative impact on the way they now feel about their bodies and 68 per cent that it has affected their sexual and intimate relationships.

In a poll of more than 600 ladies, it was found that 72 percent said breast cancer had made them feel less confident about their body. Many had experiences of lower self-esteem and a “loss of self” compared to how they felt before their diagnosis.

Most women felt they could not talk to their healthcare professional about the impact of breast cancer on their body and their self-image.

About the Program

This is a 7-day program, which combines a transformational experiential workshop along with a Walking Camel Safari in Northern Kenya to create a powerful life changing experience for all women who attend . The Samburu Camel Walking Safari is a unique walking adventure in the un-spoilt and undiscovered Matthews and Ndoto Mountains of Northern Kenya.

“A Journey To Self Discovery” Program has been designed for women who have survived a traumatic experience such as breast cancer and are experiencing a loss of self confidence in their bodies as a result. This program will help you heal, it will allow you to hear the wisdom being spoken by your body. It will enable you to understand the impact of change and empower you to deal with this change by learning strategies to accept a new way of being in your body. It will guide you on how to create a strong relationship with your body as it is now. Over and above this, the program’s overarching objective is to empower you to connect with your body, so that you may you reemerge a stronger and more powerful you.

This is an exciting program where you will learn to:

- Rediscover and relish in your body’s beauty, despite the scars and learn how to embrace your total self by seeing yourself as a whole, rather than as a collection of parts
- Learn strategies and action steps to minimise the impact of the trauma you have endured
- Set and achieve physical challenges that will empower you and help you regain confidence in your body
- Learn powerful life affirming techniques to support you through the many changes life offers

This trip is for truly adventurous at heart ladies - this is not your typical African safari. You will come away from this adventure with a sense of achievement and a heart full of memories to last a lifetime. Each day you will stretch your boundaries, challenge yourself , reclaim confidence in your body, all while enjoying the beautiful African landscape. Here you will find the proud and friendly nomadic Samburu and Rendille people who still cherish the customs, traditions and colorful ceremonies of their ancestors.

Each morning will begin by setting powerful intentions for the day and when walking across the wilderness, you will be lead by our fun loving Samburu guides as the camels accompany us and carry all our kit to a new spectacular campsite every day. You will experience incredible African wildlife and the area is a bird lover’s paradise. End each day by observing spectacular African sunsets and celebrating your day’s achievements while sitting around the campfire before going off to sleep under the stars to the sound of the Africa night. Each day will be a celebration to your body. By participating on this safari you will be contributing to the Milgis Wildlife Trust, a local trust dedicated to conservation in this area.



Day to Day Itinerary

Day 1: 7 July (Saturday)

Arrival in Nairobi and Introduction Workshop

Arrive Jomo Kenyatta airport Nairobi where you will be met and transferred to Anga Afrika lodge where you will spend the night. Accommodation is shared, unless a single SUPPLIMENT is requested - only subject to availability.

Afternoon Meet up for your first 4 hour workshop and Introduction to the "*Journey To Self Discovery*" Programme. Here your coach Linda and you will work together to set up the powerful intentions and agreements needed for the program to resonate and come to life for you, both as individuals and as a group. You will meet your body and hear it speak to you in a way It never has before, and hear the wisdom it has for you. (Detailed agenda of Entire "*Journey to Self Discovery*" Programme will be provided upon sign up)

Evening meet up for casual drinks and dinner where you will meet your guide Tonya and hear her give you a briefing of your exciting journey ahead of you.

YOU WILL RECEIVE YOUR COMPLIMENTARY AND SPECIALILITY TRAVEL BAG FOR THE JOURNEY. YOU WILL BE REQUIRED TO ONLY TAKE THIS BAG AND YOUR PERSONAL DAY PACK. ANY EXCESS LUGGAGE CAN BE LEFT SAFELY FOR YOUR RETURN.

Day 2: 8 July (Sunday)

Flight to Milgis and First Day Camel Safari

Early light breakfast to start the day before departing for your adventure ahead.

After breakfast you will be transferred to Wilson Airport for your flight to Milgis. This spectacular flight is about 1.5 hours, descending from the lush highlands right past the incredible snow capped peak of Mount Kenya to the arid heartland of the Samburu. On arrival we will be met by the Camel Safari Team. You will be introduced to your wonderful Samburu guides and your Camels and have a brunch before heading off on your first day of your adventure.



Day to Day Itinerary

Day 2: 9-14 July (Monday- Saturday)

Camel WALKING Safari

Typical day on the Camel Walking Safari: The purpose of this journey is to have fun, learn about yourself, and challenge yourselves physically, therefore we will be **walking on an average about 10 to 20kms a day. (4 to 5 hours a day)**, (including a breakfast stop) depending on the level of fitness of the group – this will be defined before the trip begins. Each day will vary according to terrain. There will always be time to soak in the surrounding, admire the beauty, spot some game and bird watching, and reflect on the journey each woman on the trip is taking.

- Each morning, we will wake up early to an African Dawn, while it is still cool, and with a better chance of seeing wildlife. We will have a hot cup of tea or coffee and a light snack before leaving for our hike
- The Camels will accompany us for carrying light refreshments, our personal day packs and breakfast. We will stop for breakfast around mid morning and meet the Samburu warriors herding and watering their cattle
- Here we get a chance to talk with the guides and learn about the wildlife, the area and the people. We will continue walking until just after lunch and before the mid day heat. A tasty big lunch is served while the staff set up the camp and the camels get to drink and rest
- Afternoon is time for a short siesta and games of rounders or football can be played, or we can swim in the streams before we regroup for our Daily afternoon 2 hour *"Journey To Self Discovery"* Workshops (Detailed Workshop Agendas provided upon registration)
- The early evening is perfect for a stroll or a climb up a hill to admire the views, have a few sundowners and absorb the spectacular Africa sunset. Enjoy a nice hot canvas bucket shower and freshen up for your dinner under the stars
- After the sun has set everyone we will gather around the fire for our group debriefs where we will share our personal experiences, learnings and stories of our day and set our intentions for the next day while we wait for a delicious candle lit dinner prepared by the staff. These facilitated group conversations, are an extremely powerful way for us to talk about our experiences in a safe supportive, beautifully enchanting environment
- Our beds will be made for us and are extremely comfortable set in mosquito/bug proof tents. We will fall asleep under the spectacular stars listening to the sounds of the African bush



Day to Day Itinerary

Day 7 – 14 July (Saturday)

Flight Back to Wilson Airport Nairobi and Return to Anga Afrika Lodge .

After our last Safari breakfast, it will sadly be time for us to end the Camel Walking Safari and say farewell to our guides and their faithful camels. We will board our light aircraft back to Wilson Airport in Nairobi and return to *Anga Afrika Lodge* where we will enjoy last dinner together sharing photographs and stories.



Day 8 – 15 July (Sunday)

Flight back to Dubai

Breakfast all together and Transfer from the lodge to the Jomo Kenyatta International Airport in Nairobi and flight back to home



Investment Details

US \$ 5,200– Per Person, Based on a Twin Share Basis

DHS 19,188 - Per Person, Based on a Twin share basis

What is Included in Your Investment :

- Airport transfers from Jomo Kenyatta airport to Nairobi accommodation and back on return day too
- Accommodation, and breakfast in Nairobi on the first and last night
- All staff gratuities on the walking safari
- Internal Flights and all taxes from Nairobi to Milgis and return
- 7 DAYS Walking Safari with camels and professional Guides
- 7 Nights' accommodation Inclusive of ALL FOOD AND DRINKS
- Complimentary travel bag for your Safari
- Usd 50.00 per person donated to Milgis Wild Life Trust
- Laundry – As we move camp every day, there is only a very limited amount of laundry that can be done depending on water availability. So do not depend on this
- All Workshop costs inclusive of workshop materials and professional facilitation for 8 days with ICF Certified Professional Coaches

What Is Excluded:

- International flights to and from Nairobi
- Laundry in Nairobi (if needed)
- Passport and visa fees
- Travel Insurance – it is mandatory for you have on comprehensive travel insurance
- Excess baggage costs (if needed)
- Single supplement rates (if needed)
- Lunch, Dinner and alcohol in Nairobi

Dietary Requirements:

- Please advise us if you have any special dietary requirements
- We would also like to know what your preferences are for drinks in the evenings, both alcoholic (if appropriate) and non alcoholic drinks



Payment And Cancelation Policies:

A refundable deposit of 50% is required asap to secure your place. Only 10 places are available on this trip. Full payment is required by 15 April 2018.

Should you cancel your trip the following fees apply:

- 31 to 60 days - 50% REFUND of the total cost of the trip
- 0 to 30 days – 0% REFUND of the total cost of the trip.

Payments To Be Made To:

Tonya Meikle (Jolt)
Mauritius Commercial Bank
9-15 Sir William Newton Street
Port Louis
Mauritius
Account number: 000441646875
Swift Code: MCBMUMUXXX

What To Bring:

March is summer in Kenya so there is a possibility of Summer Rains:

- Cool comfortable shorts and shirts – neutral colours
- Sweater and warm trousers for evenings
- Comfortable walking/hiking shoes. Essential to wear them in before the walking safari
- Raincoat- LIGHTWEIGHT
- Flip flops for the evenings around the camp
- Hat-Wide brim
- Gaiters – optional
- Sun cream / insect repellent
- Water bottle
- Day pack with hydration bag (optional)
- Travel umbrella
- Camera and Binoculars

General Information :

- Please check for required vaccinations
- Please check your international flights into Nairobi before securing a date with us
- It is mandatory for you to take out a comprehensive insurance
- Should you require any information to extend on our stay after the walking safari, we will gladly assist you

Visa Requirements :

- Your passport must be valid for 6 months from date of Entry
- You passport must have at least 2 blank pages
- You may obtain a visa on Entry
- It is advisable to obtain a visa before arrival from the Embassy/high commission or online www.evisa.go.ke to save time at the airport on arrival
- Should you be travelling to Uganda and Rwanda you can obtain a East Africa cross-border visa through the embassy/high commission or online www.evisa.go.ke



Next Steps:

1. Complete the booking form and send it to tonya@joltafrica.com along with a scanned copy of the passport you will be travelling on
2. 50% deposit is required asap to confirm a booking and 50% by 15 April 2018
3. Book your round trip flights to Nairobi
4. Have your vaccinations done – yellow fever is necessary
5. START TRAINING – Guidance will be given upon receipt of your completed booking from (by Linda)
6. A Suggested Kit list has been given – and we can confirm this closer to the time

Tonya and Linda look forward to having you on this *Journey of Self Discovery* – a journey of a life time.

Tonya & Linda



About Your Program Leaders



Linda Berlot's story serves as an inspiration to everyone; as a survivor she lives a rich and fulfilling life in the UAE and is committed to ensuring that her fellow breast cancer survivors do the same. Linda is a successful entrepreneur who leads a coach training school and an international team coaching organization that coaches global leadership teams. She is a tireless campaigner for promoting awareness for the prevention of breast cancer and provides support and encouragement to breast cancer patients and survivors. She holds the position of Vice Chairperson on the Board of Brest Friends a non-for-profit charity organization, based in the UAE. Linda is a public speaker, a competitive dancer, loves adventurous sports, travel and activities that allow her to live life fiercely and fearlessly.

RISE is an initiative that focuses on delivering programs that encourage women to regain confidence in their own bodies post trauma, severe illness or scaring. These powerful programs combine physical movement and the setting and achieving of physical goals, together with transformational coaching exercises to facilitate the process where women are given the opportunity to work through their mental and emotional trauma become empowered, re-claim their self-confidence and regain control over how they choose to face their destinies, so that they may live fierce and fearless lives, free of self doubt.



Born and raised in Africa, Tonya Mickle is an experienced and passionate guide to people who wish to experience Africa to its fullest. From canoeing across Rift Valley lakes to intrepid overland journeys, Tonya has accumulated a lifetime of adventures in Africa. With years of experience in the travel industry, she has perfected the art of meticulous safari itineraries. She has a deep love of Africa, its people and wildlife. From her home base in Victoria Falls she divides her time between her family, operating and guiding her company JOLT Africa, and active involvement in anti-poaching. Tonya's passion is accompanying her guests every step of the way, assisting, guiding and inspiring them to make the most of their own African odyssey.



JOLT is an Africa-focused company specialising in women only adventure travel. Our skill is to give women travellers a chance to experience Africa in a way that is safe yet exciting and unforgettable. Our aim is to offer women an opportunity to enjoy the personal reward, building of confidence and satisfaction of experiencing something challenging and a bit outside their comfort zone. With no previous experience or special training needed, anyone can enjoy our trips- all you need is an open mind and adventurous spirit. You will be in the company of other fun loving and adventurous women also looking to experience a journey of a lifetime in Africa.



Join Tonya and Linda on a once in a lifetime experience in the African Wilderness, that will stretch your boundaries, excite you and leave you feeling empowered and fearless.