



## Heroes and Heroines of Kenya

### Highlights

Heroes and Heroines is a cultural tour in the Magical Kenya Signature Experience Collection – curated, unique, authentic and exceptional once-in-a-lifetime Kenyan travel experiences accredited by the Kenya Tourist Board (KTB)

This unique 3-day cultural tour will take you on insightful visits to two of the sustainable projects that One Horizon supports in Nairobi, and then into the traditional Maasai heartland to meet members of this fascinating tribe. You will team up with the various local leaders who are dedicated to improving the life of Kenyan people at both a women's vocational and lifestyle training centre and a farm project to help grandmother-headed households.

#### What's Included

- Air conditioned hotel transfers
- A light lunch
- Unlimited fruit, tea, coffee and water.
- A handmade Maasai wrist band
- One Horizon staff with you every step of the way.

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

**3 Days**  
Tour

**9 Max**  
Passengers

**Pick Up**  
@ 9:00 am  
from the hotel

**Drop Off**  
@ 4:30pm  
to the hotel

Then immerse yourself in the midst of the daily hustle and bustle of Maasai village life as you take part in the rituals of the Maasai warriors, sit with the women as they perform their daily tasks, and listen to stories and folklore told by village elders. Truly a cultural tour and experience like no other. These wonderful interactions show you day-to-day Kenyan culture and connect with people on a personal level.

# Tour Itinerary

## Day 1

### The Inspirations of One Woman

Today we drive to a developing area in the west of Nairobi and visit the Women's Empowerment Centre, which is one of the worthwhile projects One Horizon supports. It was started by Mary a social worker, who developed a program to help struggling mothers undertake vocational and lifestyle training and get access to micro finance to open small businesses. The results have been phenomenal as the mothers are able to lift themselves out of poverty and transform into independent business owners and community leaders, and crucially support and keep their families together. Spend time with Mary to learn about her vision for the centre while you get the opportunity to meet some of the proud and self-sufficient women involved in the inspirational program.



## Day 2

### New Beginnings for Grandmas

There are many grandmother-headed households in Kenya who care for their grandchildren among other generations of their family in difficult economic circumstances. You will visit a pig farm owned by one grandmother where she proudly explains pig-husbandry and how her bio-gas system powers her home. This is another project that One Horizon supports, and the initiative aims at improving the livelihoods of the grandmothers by economically empowering them through small-scale farming. Then sit down with the grandmothers while they cook traditional meals for their families and narrate their wonderful stories of life, change and progress.



## Day 3

### The Maasai Rites of Passage

Spend an amazing day with the warriors and women of a traditional Maasai village. It starts with a song and dance welcome where the wife of a village elder will offer to dress you in traditional Maasai shuka cloth or 'African blanket'. Venture into the bush with her son, who will explain what it's like being a young warrior in Maasai society, and join other men who are training for their rite of passage as they explain how they will go into the hills to complete qualifying tasks before they reach the circumcision ceremony. Take part in the challenge as they show you how to throw a spear and climb an acacia tree in lightning speed. Sit with the villagers as they share their stories of their fascinating culture with you while the women teach you how to make some traditional decorative beaded jewellery.

### One Horizon Team Dinner

On the evening of Day 2, we enjoy dinner at a restaurant the locals love in Nairobi – we always have lots of fun and it's a great opportunity to discuss and ask us all the questions that come to mind about the various communities and projects we visit.

