



ONE HORIZON  
holidays that change lives

# KENYA CULTURAL TOURS

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2-6 Day Tours



## Insights of Kenyan Life

### Highlights

Insights of Kenyan Life 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 eye-opening One Horizon 6-day cultural safari gives travellers the opportunity to meet Kenyans from various walks of life and hear their inspirational stories. At of the projects One Horizon supports, you'll see that it's possible for people to gain the strength and courage to step up and away from poverty.

#### What's Included

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

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

**6 Days**  
Tour

**9 Max**  
Passengers

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

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

Give the gift of time at a soup kitchen to feed hungry children, meet the steadfast grandmothers who run enterprises to support the younger generations, and see how a vocational training project empowers women and keeps families together. Additionally we have also included some sightseeing and meals out for an all-round Nairobi experience, and you visit a Maasai village and become an honorary member of the tribe, and enjoy some relaxing time at beautiful Lake Naivasha.

# Tour Itinerary

## Day 1

### Help at a Soup Kitchen

Getting involved in helping disadvantaged communities is both an opportunity to engage with local people and a rewarding way for travellers to contribute to alleviating the problems of poverty in Kenya. Today you visit a children's centre on the outskirts of Nairobi supported by One Horizon, which provides the kids with their only regular meal each day. You lend a hand by helping to prepare and distribute nutritious food, and in return will receive beautiful, happy smiles and witness firsthand how communities work together to help the hungry and most vulnerable.

## Day 2

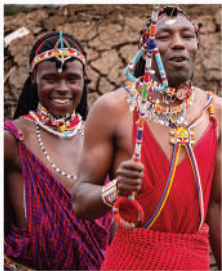
### They Said It Can't Be Done

Today you visit the Women's Empowerment Centre, another project supported by One Horizon, where local women undertake an 18-month program that teaches them trade and entrepreneurial skills so they can set up their own business to support their families. Spend an inspirational day with these proud, self-sufficient women and gain a better understanding of how they have been able to overcome difficult challenges and transform into independent business owners and community leaders.

## Day 3

### The Hippos of Lake Naivasha

Today drive west of Nairobi to Lake Naivasha, Kenya's most beautiful freshwater lake surrounded by peaceful grassy banks and fringed by thick papyrus. Along the way, stop at a roadside lookout for the stunning views over Kenya's Great Rift Valley, and arrive at a lovely lakeside lodge in huge grounds studded with acacia trees and perhaps spot the odd antelope or vervet monkey. Catch a small boat to view the pods of hippos and abundant birdlife that Naivasha is so famous for, then back at the lodge enjoy a delicious leisurely lunch and relaxing swim in the pool before returning to Nairobi in the late afternoon.



## Day 4

### Grandmothers Love Their Pigs

Today you will visit another local community to meet some of the endearing and entrepreneurial Kenyan grandmothers who play a vital role in keeping Kenyan families together. Discover how pig-husbandry provides food and financial support and the bio-gas system creates energy out of the waste to power a home. This is another worthwhile project that One Horizon supports, and the initiative aims to empower grandmothers through small-scale farming. Sit with them over a cup of local tea and enjoy some joyful singing and dancing and listen to their powerful stories about resilience.

## Day 5

### Become a Maasai for the Day

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, sit with the elders as they share their stories of their fascinating culture, and learn from the women how to make some traditional decorative beaded jewellery.

## Day 6

### A Great Way to End the Week

Your final day will be spent relaxing at leisure, giving you the opportunity to reflect on the amazing experiences over the past few days as you fondly remember the warm and welcoming, and fascinating and inspirational Kenyan people you have met and connected with. A mid-morning pickup takes you to the restaurant at the Karen Blixen Coffee Garden for a delicious lunch in the pretty gardens to celebrate the end of your 6-day tour, before you make your way to the airport to catch your flight.

### One Horizon Team Dinner

On days 1, 3 and 5 of this tour, we enjoy dinner at the restaurants 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.



## It's Happening Now

### Highlights

It's Happening Now 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)

On this 5-day tour we invite you to become involved in the sustainability programs that One Horizon supports, which are helping Kenya's most vulnerable people step away from poverty and towards brighter futures. You visit a children's feeding centre, an innovative city farm, and a women's empowerment project, where you'll have the opportunity to meet and engage with project leaders and various members of the communities who are making wonderful progress in creating a better life for all.

#### What's Included

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

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

### 5 Days

Tour

### 9 Max

Passengers

#### Pick Up

@ 9:00 am  
from the hotel

#### Drop Off

@ 4:30pm  
to the hotel

This will give you fascinating insights into Kenyan culture that few travelers ever experience and connect with people on a personal level. Also on this amazing cultural tour, you will visit a traditional Maasai village to learn about Kenyan cultures and tribal life, and enjoy a spot of wildlife-watching on a relaxing day trip to beautiful Lake Naivasha.

# Tour Itinerary

## Day 1

### Help at a Soup Kitchen

Getting involved in helping disadvantaged communities is both an opportunity to engage with local people and a rewarding way for travellers to contribute to alleviating the problems of poverty in Kenya. Today you visit a children's centre on the outskirts of Nairobi supported by One Horizon, which provides the kids with their only regular meal each day. You lend a hand by helping to prepare and distribute nutritious food, and in return will receive beautiful, happy smiles and witness firsthand how communities work together to help the hungry and most vulnerable.



## Day 2

### They Said It Can't Be Done

In a developing area to the west of Nairobi, visit the Women's Empowerment Centre, which is another worthwhile project One Horizon supports. Here, local women in the area undertake an 18-month program that teaches them trade and entrepreneurial skills so they can set up their own businesses. The results have been phenomenal as the mothers are able to lift themselves out of poverty, keep their families together and transform into independent business owners and community leaders. You meet and learn from some of the proud, self-sufficient women who are involved in this inspirational program.



## Day 3

### The Hippos of Lake Naivasha

Today drive west of Nairobi to Lake Naivasha, Kenya's most beautiful freshwater lake surrounded by peaceful grassy banks and fringed by thick papyrus. Along the way, stop at a roadside lookout for the stunning views over Kenya's Great Rift Valley, and arrive at a lovely lakeside lodge in huge grounds studded with acacia trees and perhaps spot the odd antelope or vervet monkey. Catch a small boat to view the pods of hippos and abundant birdlife that Naivasha is so famous for, then back at the lodge enjoy a delicious leisurely lunch and relaxing swim in the pool before returning to Nairobi in the late afternoon.

## Day 4

### Grandmothers Love Their Pigs

Kenyan grandmothers play a vital role in keeping families together in difficult economic circumstances. Visit a local grandmother's pig farm and discover how pig-husbandry provides food and financial support and the bio-gas system creates energy out of the waste to power a home. This is another worthwhile project that One Horizon supports, and the initiative aims to empower grandmothers through small-scale farming. Sit with them over a cup of local tea and enjoy some joyful singing and dancing and listen to their powerful stories about resilience.

## Day 5

### Become a Maasai for the Day

Spend an amazing day as an honorary Maasai by visiting a family in their village who have lived the traditional Maasai way of life for generations. 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'. Learn about traditional rites of passage from the male children of the family, or young morans, who will teach you how to throw a traditional spear and the techniques needed to survive in the bush, and listen to fascinating folklore stories told by Maasai elders.

### One Horizon Team Dinners

On days 2 and 4 of this tour, we enjoy dinner at the restaurants 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.





## Together We Can

### Highlights

Together We Can 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)

On this 4-day One Horizon cultural tour, join us for the opportunity to visit four grassroots Kenyan communities that travelers rarely have a chance to genuinely engage with. Take an active role in helping at some of the projects One Horizon supports, and meet the people who are coming together and bringing change to their social and economic welfare.

#### What's Included

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

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

### 4 Days

Tour

### 9 Max

Passengers

#### Pick Up

@ 9:00 am  
from the hotel

#### Drop Off

@ 4:30pm  
to the hotel

Donate your time in a local soup kitchen, meet the strong and courageous women at a vocation and lifestyle training centre, and be inspired by some entrepreneurial Kenyan grandmothers. This experience will leave you humbled and heartened and you will finish the tour by spending time with the Maasai and learn about their fascinating way of life that hasn't changed for centuries. A cultural tour like no other.

# Tour Itinerary

## Day 1

### Help at a Soup Kitchen

Getting involved in helping disadvantaged communities is both an opportunity to engage with local people and a rewarding way for travellers to contribute to alleviating the problems of poverty in Kenya. Today you visit a children's centre on the outskirts of Nairobi supported by One Horizon, which provides the kids with their only regular meal each day. You lend a hand by helping to prepare and distribute nutritious food, and in return will receive beautiful, happy smiles and witness firsthand how communities work together to help the hungry and most vulnerable.



## Day 2

### They Said It Can't Be Done

Spend an incredible day with some amazing Kenyan women who have managed to overcome the most difficult challenges that life can bring. You will visit the Women's Empowerment Centre where local women in the area undertake an 18-month program that teaches them lifestyle, trade and entrepreneurial skills so they can set up their own businesses. The experience of meeting these determined and resourceful women will allow you to walk away with a new perspective on how teaching empowerment and skills can lift people out of poverty to support and keep families together.



## Day 3

### Grandmothers Love Their Pigs

Today you will visit another local community to meet some of the endearing and entrepreneurial Kenyan grandmothers who play a vital role in raising their grandchildren and providing a home and meals to many generations in their family. Visit a local grandmother's pig farm and discover how pig-husbandry provides food and financial support and the bio-gas system creates energy out of the waste to power a home. Sit with the grandmothers and listen to their powerful stories of how they broke the cycle of poverty in between some joyful singing and dancing and a cup of local tea, and on this inspirational day you learn how resilient people can be.

## Day 4

### Become a Maasai for the Day

Venture into rural Maasai country where you will meet a family and immerse yourself in the midst of the daily hustle and bustle of Maasai village life. Your host will be one of the village elders, an heir to his clan, and you meet his wife and children too. The male children of the family are young morans, the traditional defenders of the tribe. Learn about their traditional rites of passage while also discovering the intricacies of the Maasai family structure. An amazing day where you will get the chance to become an honorary Maasai, learn how to throw a traditional spear and the techniques needed to survive in the bush.

### One Horizon Team Dinner

On days 1 and 3 of this tour, we enjoy dinner at the restaurants 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.





## 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.





## Family Ties

### Highlights

Family Ties 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)

The One Horizon 2-day Family Ties cultural tour is a rare opportunity to visit families in their homes from two different Kenyan ethnic groups – the Maasai and the Kikuyu. You'll also see how Kenyan families are merging their traditional culture with contemporary ways to build new, bright and sustainable futures. You'll be warmly welcomed into a Maasai village and your hosts will show their age-old way of life and rites of passage.

#### 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

**2 Days**  
Tour

**9 Max**  
Passengers

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

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

Then, while visiting a Kikuyu family, you'll see how a farming enterprise assists grandmother - headed households provide food and financial support for the many generations they care for. This cultural tour will give you deep insight into the customs and structures of rural Kenyan family life and the highlight is the genuine interaction you will experience by sharing stories and laughter.

# Tour Itinerary

## Day 1

### Maasai Family Ties

Today you drive to an authentic Maasai village on the outskirts of Nairobi where you spend the day with the men, women and children, and one of the elders, Daniel, will take you on a tour to explain how the Maasai have managed these precious lands for centuries. Spend time with Maasai mothers and help them build a new manyatta – a traditional Maasai homestead, while Maasai warriors will teach ancient skills such as spear-throwing and how to use local plants to make medicinal remedies, and will invite you to join them as they herd their cattle. In the afternoon the women will share their stories as they help you make your own piece of traditional beautifully-crafted beaded Maasai jewellery. You will discover that they are just as interested in your life as you are in theirs, as you join in the singing and dancing, and share the humour and warm nature of the villagers.



## Day 2

### Kikuyu Family Ties

There are many grandmother-headed households in Kenya that care for a number of generations, and today you are hosted by gracious grandmother Helen at her rural home, who will introduce you to her large Kikuyu family. She will show you around her innovative pig farm, and you can pitch in with the chores if you'd like to. This is a project supported by One Horizon as an initiative to improve the livelihoods of grandmothers by economically empowering them through small-scale farming. Helen earns a sustainable income from the pigs, while the bio-gas system from the waste powers her home. You also help to cook a traditional Kenyan lunch and share it with some of the other grandmothers in the community. Enjoy some joyful singing and dancing, and you will be inspired by listening to their powerful stories of life, change and progress and how the program has helped keep their families together.



### One Horizon Team Dinner

On the evening of Day 1, 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.





## All Things Maasai

### Highlights

All Things Maasai 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)

On this One Horizon 2-day cultural tour you visit a traditional Maasai village to engage with these amazing people who make up the colourful tapestry of tribal life in Kenya. This interactive experience allows you to meet the infamous warriors, village elders and Maasai women, and take part in some of their daily activities to learn about their traditional way of life that has not changed for centuries.

#### 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

**2 Days**  
Tour

**9 Max**  
Passengers

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

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

You will be invited to become an honorary member of the Maasai, and learn how to throw a warrior's spear, create decorative jewellery, and join in their vibrant singing and dancing. It's a wonderful opportunity to gain an insight into Kenyan rural life and share and listen to stories and beliefs with individuals from a completely different world and culture.

# Tour Itinerary

## Day 1

### Become an Honorary Maasai

Begin the day with a drive into the magnificent Maasai heartland where you will be met by one of the Maasai village elders, Daniel. He will take you on a tour to explain how the Maasai have managed these precious lands for centuries, and you watch the daily cattle drive and learn about some of the local plants used to make medicinal remedies. Then sit down with some young Maasai warriors, or morans, who describe various aspects of their fascinating rites of passage, and who will teach you how to throw a traditional spear or even how to climb an acacia thorn tree in the event there is danger from predators in the bush. In the afternoon you will spend some time with the Maasai women of the village who will show you the techniques of weaving the frame of a new manyatta – a traditional Maasai homestead.



## Day 2

### Maasai Life in Focus

Begin the day back at the village by learning the traditional Maasai welcome with singing and dancing, which might include the extraordinary jumping dance, or 'adumu' which is how Maasai warriors demonstrate their prowess. Your host for the day has 52 siblings and his father has 6 wives; a starkly different kind of community structure to the one we are familiar with. Use the time to get to know your host and ask the questions you might have, and enjoy the humour and warm nature of the villagers as you discover that they are just as interested in your life as you are in theirs. After a traditional Maasai lunch, you enjoy some more dance lessons and sit with the women to learn how to make some traditional beaded jewellery, and then head out to help some of the community members finish the manyatta build.



### One Horizon Team Dinner

On the evening of Day 1, 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.

