



ONE HORIZON  
holidays that change lives

# KENYA CULTURAL TOURS

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1 Day Tours



## Meeting Beatrice Her Incredible Life and Story

### Highlights

Meet Beatrice who, in her late 60's became an entrepreneurial grandma. Her success as a pig farmer came after a life of struggle.

Born into a large family and in the colonial period of Kenya's independence struggle, Beatrice and her family were confronted by poverty and the struggles which came with it. Getting enough to eat was a daily challenge let alone an education. Beatrice's story will inspire you. A **compelling** struggle that shows what can be achieved with resilience and perseverance.

#### What's Included

- Air conditioned hotel transfers
- Dinner and drinks
- Unlimited fruit, tea, coffee and water.
- A handmade Masai wrist band
- 40-50 images and videos of your experience
- A Maasai shuka (blanket) which you will get to keep and which highlights the vivid design and colour combinations of the Maasai.

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

**1 Day**  
Tour

**9 Max**  
Passengers

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

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

Beatrice's story is told in her home where she lives with her husband, children and grandchildren. And you will also enjoy a hearty meal with her and those of her family. It's an intimate look at Kenyan life with a historical perspective that will leave you in awe of her achievements and the human spirit.

## Tour Itinerary

You will be picked up from your hotel in late afternoon and with you One Horizon guide, you will be taken up to Gikambura on the rural outskirts of Nairobi where you will spend the afternoon and early evening.



You will meet the family and other grandmas who are involved in pig farming and you will see how this operation is now funding the family's life. And as in most Kenyan families, there is singing and dancing with punctuate the experience. It's an intimate insight into local Kenyan family life and one which may probably **change** your own priorities. And with the hospitality that Kenyan's are known for, you can share an early dinner with the family in an environment of warmth and plenty of laughter and good humour. An experience that you will remember forever. If you want to experience a unique cultural experience then 'Meet Beatrice' is a great way to experience the life and history which is uniquely Kenyan.



## Camp Fire Stories

### Highlights

**A Life of Traditions and Rituals as Told by The Maasai.** The Maasai have inhabited Africa for hundreds of years and their cultural tradition and practices have endured to the present day. And it is their rhythm of life as embodied in their traditions which the outside world has wanted to learn and understand.

One Horizon's amazing twilight experience, **Campfire Stories**, is about the life of the Maasai and their traditions, told with the humour and insight that only the Maasai can bring. Stories about their ancestors, their families and the traditions which dictate their life.

#### What's Included

- Air conditioned hotel transfers
- Dinner and drinks
- Unlimited fruit, tea, coffee and water.
- A handmade Masai wrist band
- 40-50 images and videos of your experience
- A Maasai shuka (blanket) which you will get to keep and which highlights the vivid design and colour combinations of the Maasai.

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

**1 Day**  
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This magical experience is held at a Maasai village on the outskirts of Nairobi starting in the late afternoon and ending in early evening. In a magical Maasai village that is the home to an extended family, you will see Maasai returning to the village from a day walking their herds in search of grazing land. And as you meet your hosts, you will start to appreciate what an amazing adventure this is going to be.



## Tour Itinerary

You are transported from your hotel late afternoon for the drive to the Maasai homelands just outside of Nairobi.

Upon arriving at the village our experience starts with a warm and generous meeting from your Maasai hosts. As age old conservationists your Maasai hosts will show you how they have lived off the land and how the local ecosystems have supported them with herbs and medicinal remedies. And from there your hosts will **demonstrate** how they co-exist with wildlife. The Maasai are the ultimate conservationists and seek to live with wildlife in a natural harmony. They will demonstrate how they avoid confrontation and discourage predators that follow their wanderings with their herds. And along the way you can engage with the Maasai in practicing some of their skills that they display at events in the Maasai calendar every year.



One skill is club throwing that is part of a young man's transition into adult life and he has to achieve a particular level of mastery. The ensuing contest is also a way to bond with the villagers and they will relish the opportunity for you to be involved.

Lots of fun and laughter goes hand in hand with the Maasai life and how they see the world. And if you like singing and dancing, there is the rhythmic beat of their songs which inspire all to be involved and which will draw you into the enjoyment of the afternoon and early evening.

And the centre piece of this experience are the campfire stories which will leave you with great respect and admiration for your hosts. The stories are told around a roaring campfire and cover their life growing up, the rituals and traditions of life and the extended family structures which are the foundations of Maasai life. The campfire stores will have people drawing comparisons to their own life and are a magical part of the evening.



## Maasai Magic

### Highlights

Maasai Magic 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 One Horizon 1 day cultural tour is a magical opportunity to connect with Kenya's proud Maasai people in an authentic and interactive way by becoming part of the hustle and bustle of Maasai village life.

#### 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

**1 Day**  
Tour

**9 Max**  
Passengers

**Pick Up**  
@ 9:00 am  
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Having maintained a semi-nomadic way of life on their communal lands for centuries, the Maasai are well-known for their distinctive dress, customs and unique social and family structures, which include rites of passage and revered respect for elders. On this fun and insightful day, you'll take part in the rituals of the warriors, perform daily tasks with the women, and share much laughter and many ideas as you listen to fascinating stories about Maasai culture.

# Tour Itinerary

## Live one day the Maasai way

From Nairobi, drive into the rural Maasai heartland where one of the elders will take you on a tour to explain how the Maasai manage these precious lands.

You learn about their tribal values, native herbs and plants that are used for medicinal remedies, the importance the Maasai place on their natural resources like land and water, and help herd the cattle, which is their most sacred and treasured possession. A warm song and dance welcome awaits you at the village, and the wife of a village elder will offer to dress you in traditional Maasai shuka cloth or 'African blanket'. You'll also be invited to help out the women and learn their skills of constructing a new manyatta—a traditional Maasai homestead.



Time for lunch when you join the Maasai mothers to cook up a traditional Kenyan meal over an open-fire, and they'll share stories as they show you how to create your own piece of highly-decorative Maasai beaded jewellery. Then meet the young Maasai warriors, or morans, who explain their rites of passage as they become warriors, the defenders of the tribe. They teach you how to throw a traditional spear, climb speedily up an acacia tree in the event there are predators in the bush, or even the extraordinary jumping dance, or 'adumu' which is how they demonstrate their prowess.

Your hosts impart the knowledge of their ancient ways and are just as interested in your life as you are in theirs. This is why we call it Maasai Magic because we're constantly astonished by the magical moments that unfold as our guests and the villagers connect throughout the day.



## Go Granny Go!

### Highlights

Go Granny Go 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 enlightening One Horizon cultural tour, you meet some endearing and entrepreneurial grandmothers who are beating their generational cycle of poverty. Many Kenyan grandmothers play a vital role in raising their grandchildren and extended families, and you'll visit a pig farm, which is a project supported by One Horizon to improve the livelihoods of grandmothers by empowering them through small-scale farming.

#### 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

**1 Day**  
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They invite you to assist with farming activities, help cook a traditional meal, and by sharing lots of laughter and listening to their inspirational stories, you'll get a real insight into the strength and resilience of these remarkable Kenyan women. A cultural tour like no other.

# Tour Itinerary

## Help a grandma become a pig farmer

We drive you to a Kikuyu village on the outskirts of Nairobi, where Kenyan grandmas are often responsible for raising their grandchildren and others in their family when parents can no longer look after them.

Sometimes up to 20 family members live in a grandmother's one-room corrugated iron home, and the financial constraints are extremely challenging. But thanks to a pig-farming small business program supported by One Horizon and the involvement of travellers like yourself, the grandmas earn a sustainable source of income from pig-husbandry to feed their families, while the bio-gas system creates energy out of the waste



to power their homes which means that the family no longer has to cut down trees for cooking and heating purposes.

You meet the community's warm and welcoming grandmothers, be shown around a pig farm and pitch in with the chores if you like, join in some joyful singing and dancing over a cup of local tea or chai, help cook lunch of beans and ugali (a maize flour dish eaten across East Africa), or learn how to make a chapati (soft layered bread). Your tour fees and visit support their training, as well as veterinary care and feed for the pigs, and this is a rare opportunity to support a grassroots social enterprise. The grandmothers narrate their powerful stories about how the program has helped them run a sustainable business that keeps their families together, and you learn how resilient people can be. The future of our grandmothers is as bright as their engaging personalities.





## Empowering Mothers

### Highlights

Empowering Mothers 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 immersive One Horizon cultural tour is an uplifting day spent with an inspirational group of Kenyan single mothers who are breaking free from the cycle of poverty and forging a brighter future to be able to support their families. You'll visit a women's vocational and lifestyle training centre on the outskirts of Nairobi, which is a hive of activity as the women are busy sewing, making candles, beading jewellery, and studying entrepreneurial skills to start their own small businesses.

#### 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

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As you connect with the women on a personal level they'll share their stories that will give you a deep insight into Kenyan cultural traditions and extended family relationships.

# Tour Itinerary

## Kenyan women turning their lives around

We drive you to a developing area in Ngong to the west of Nairobi, and take in sights such as the eclectic Ngong Road markets where you can buy anything and everything.

Then you visit the Women's Empowerment Centre, where One Horizon supports an 18-month program to help struggling mothers undertake skills training and get access to microfinance to open small businesses. Not so long ago these marginalised women had very little hope, few resources, and no support, and many are HIV-positive and have suffered discrimination and been ostracized by their own husbands and families and were forced into homelessness.



But with the support of One Horizon, and the travellers who visit them, the centre helps them get back on their feet by providing rent-free housing and vocational training, as well as lifestyle skills that focus on building confidence and rejuvenating body and soul. They become independent as small business owners – perhaps as a seamstress, or a pig or chicken farmer – and crucially, are able to feed, financially support, and keep their families together.

The women's inspirational stories will teach you about family life in Kenya, the practice of marrying multiple spouses, the dynamics of being a single parent, and the relationship between Kenyan mothers and their children. You will walk away from the experience of meeting these determined and resourceful women, with much admiration and a new perspective on how teaching empowerment skills can lift people out of poverty.



## Future Leaders

### Highlights

Future Leaders 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)

Getting involved in helping disadvantaged communities is both an opportunity to engage with local people and a rewarding way for socially responsible travellers to 'give something back'. On this One Horizon cultural tour you visit a community centre on the outskirts of Nairobi supported by One Horizon. You lend a hand by helping to prepare and distribute nutritious food, and witness firsthand how communities work together to help people.

#### 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

**1 Day**  
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**9 Max**  
Passengers

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**Drop Off**  
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# Tour Itinerary

## A sustainable program for Kenyan families

While there are many wealthy areas in Nairobi, other districts have very high unemployment levels where challenges for the population are based around getting enough to eat.

One Horizon initiates sustainable development programs in conjunction with local community leaders in needy communities, and today you will help to prepare and serve a hearty and nutritious Kenyan lunch for the community. We work alongside Kenyans who take ownership of these programs and you'll stand shoulder to shoulder with Kenyans who warmly welcome you into their community.



And as part of this day, you will get to meet the local community leaders who are helping to change the future for their fellow citizens and helping to create future leaders.

You will have an energetic day pitching in with the chores like peeling and chopping fresh fruit and vegetables and cooking lunch of beans and ugali (a maize flour dish eaten across East Africa). You can share lunch with the community and have the opportunity interact with them and you'll discover that they are just interested about you as you are about them. This is a uniquely personal hands-on experience and travellers meet a grassroots community that they would never typically interact with on a Kenyan holiday. And it is immensely satisfying to know that by donating your tour fees and precious time, you are part of helping the community.



## Light on The Horizon

### Highlights

Light on the Horizon 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 energetic One Horizon cultural and wildlife day tour, we combine visits to two of Nairobi's best-known wildlife conservation centres with a small-scale farming program that is changing the lives of Kenyan grandmothers. You get up-close to giraffes from a raised walkway at the Giraffe Centre, which has been instrumental in saving the Rothschild giraffe from extinction.

#### What's Included

- Air conditioned hotel transfers
- A light lunch
- Unlimited fruit, tea, coffee and water.
- Entry to the David Sheldrick Trust
- 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

### 1 Day

Tour

#### Pick Up

@ 9:00 am  
from the hotel

### 9 Max

Passengers

#### Drop Off

@ 4:30pm  
to the hotel

and watch baby elephants and hear about the complex process of returning them to the wild at The Sheldrick Wildlife Trust, the most successful elephant rehabilitation program in the world. We then spend an insightful afternoon on a cultural tour as guests meet entrepreneurial grandmothers at a grassroots social enterprise project supported by One Horizon in a rural Kikuyu comm

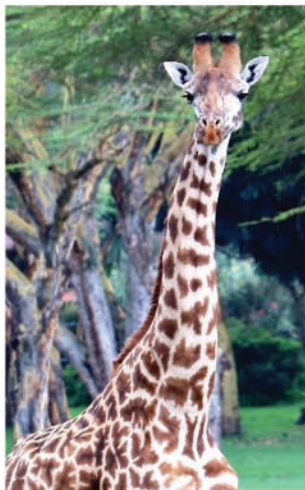


# Tour Itinerary

## Wildlife conservation & changing lives

Our first stop is the African Fund for Endangered Wildlife's famous Giraffe Centre, which has pioneered an innovative breeding programme to grow the population of the endangered Rothschild giraffe in the wild.

You'll meet the giraffes at eye level from the centre's raised walkway, and get a comprehensive education about how we can all play a role in the conservation of habitats and the preservation of wildlife. We then go the short distance to the elephant orphanage at the Sheldrick Wildlife Trust on the edge of Nairobi National Park.



The trust has hand-reared hundreds of baby elephants that have been orphaned, often due to injury and poaching, and rereleased them back into the wild in Tsavo National Park. You'll learn more about this fascinating venture and see the baby elephants being fed by their keepers.



You then spend an engaging afternoon in the rural homes of Kenyan grandmothers, who are remarkable and inspirational women that have taken on the responsibility of caring for their grandchildren and extended families. You'll look around a pig farm where a grandmother proudly explains pig-husbandry and how her bio-gas system powers her home; an initiative supported by One Horizon and the involvement of travellers like you selves that 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 and narrate their powerful stories about how the program has helped them run a sustainable business that keeps their families together.



## Celebrate Your Milestone

### Highlights

Celebrate Your Milestone 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)

- Birthday
- Anniversary
- Retirement
- Memorial, or simply
- A get-together for a group of friends or family travelling in Kenya together.

And to give these a uniquely Kenyan cultural flavour and be a guaranteed holiday highlight, the Maasai will make it a wonderfully joyous occasion.

#### 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

**1 Day**  
Tour

**9 Max**  
Passengers

**Pick Up**  
@ 9:00 am  
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@ 4:30pm  
to the hotel

These proud semi-nomadic pastoral people have age-old traditional practices and rituals, and they honour milestones in their own culture and respect how important they are. It's a cultural tour that will leave you with memories for life.

The Maasai will welcome you warmly and help you celebrate with the lively singing and dancing they are renowned for. Your party, or a friend's surprise party, with the Maasai is something that few travellers ever get to experience, and it will certainly be something to talk about when you get home.

# Tour Itinerary

## Your Special Day with the Maasai

This One Horizon day tour is a magical opportunity to celebrate your important event by connecting with Kenya's proud Maasai people in an authentic and interactive way by becoming part of the hustle and bustle of Maasai village life.

From Nairobi, we drive into the rural Maasai heartland in the Great Rift Valley where one of the elders will take you on a tour to explain how the Maasai have managed these precious lands for centuries. They are well-known for their distinctive dress, valued customs and unique social and family structures, and you'll take part in the rituals of the warriors and perform daily tasks with the women.



At the fun-filled party, the friendly Maasai women will dress you in traditional Maasai-style in a red shuka cloth or 'African blanket' and other brightly-coloured adornments. You will eat delicious Kenyan food, join in the infectious singing and dancing, which includes the extraordinary jumping dance or adumu as the morani, or warriors, demonstrate their prowess, and share much laughter and many ideas as you listen to their fascinating stories and folklore.

One of the many magical things that our guests love to do is learning to make their own highly-decorative Maasai beaded bracelet or other piece of jewellery. This is a wonderful memento of celebrating your birthday, anniversary, remembrance or other milestone event with your gracious Maasai hosts, and a personal reminder of your time in the village.



## Cooking & Culture with Mama Carole

### Highlights

In every society cooking and culture are inextricably linked. Within Kenyan communities, the rhythm of life is influenced by the seasons and what is grown in local gardens throughout the year. It is the freshness and home-grown nature of the produce that results in some of the healthiest food available in any country of the world.

Mama Carole and cultural excursion, conducted in the rural home of your host is on the outskirts of Nairobi. A community dominated by small market gardens where the ingredients are picked fresh from the field. More than just a cooking excursion, the day also combines an appreciation of aspects of Kenyan family and culture that you will find intriguing.

#### What's Included

- Air conditioned hotel transfers
- A Kenyan 'leso' presented to you prior to starting your cooking
- Unlimited fruit, tea, coffee and water.
- 50 images of your adventure as well as videos
- One Horizon staff with you every step of the way.

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

**1 Day**  
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Passengers

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to the hotel

And Mama Carole's story is told with song and dance as you learn the secrets of Kenyan cooking. An unbelievable day in grassroots Kenyan society where the humour and friendliness of your host will envelop you.

## Tour Itinerary

You are picked up from your lodgings by One Horizon and you embark on a short 25-minute vehicle journey to the rural outskirts of Nairobi. Along the way you will see aspects of both traditional life and the development in modern infrastructure that has dominated the last few years of Kenya. But all this quickly recedes as you enter the rural hinterland outside Nairobi and leave the hustle and bustle of the city behind you.

Upon arriving at Mama Carole's home, you will be greeted with the warmth and spontaneity of Carole and her family. And to the beat of African drums your welcome embraces the excitement that occasions your arrival. And after a welcoming song and dance from your host, it's time to enjoy the day and all that comes with it.

In addition to being shown around her home, you will soon begin the first part of learning about Kenyan food, by helping to prepare and cook chapattis. Chapattis are similar to flat bread are a great Kenyan tradition and favourite. In many Kenyan families, chapattis are prepared only once a year and usually during the Xmas season. It's a great introduction to Kenyan life. You will also experience the use of biogas which provides the fuel that is produced in an energy efficient source from her farm.



The chapattis are then taken over a cup of Kenyan tea and/or coffee as a starter for the day. And during this time, Mama Carol will explain her life's journey and that of her 5 children – the achievements and the obstacles which she has navigated so far. It's a fascinating insight into the life of a citizen of Kenya women.

After this, it's time to undertake the preparation for lunch and being taught the skills of making a fresh Kenyan vegetable stew drawn from the farm veggie garden. It's an entirely organic and healthy lunch and one which is favoured by many Kenyan families (and you will be supplied with the recipe as part of your day).

One of the most fascinating aspects in the cooking of your lunch is that it is done over a 3 stone fire. That is, a traditional lunch cooked over an open fire. It's the most common form of cooking food in Kenya. It's all about cultural immersion on this day and a day which you will remember for ever as the cooking is interrupted by song and dance that is so much part of Kenya. A day which you will never forget and one which enables you to be able to make great nutritious food as memento when you get home. A memory which you can relive with your newfound Kenyan cooking skills





## Building Manyattas with The Maasai

### Highlights

Building Manyattas 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)

Ever built a hut before?! Well, you will find out how to do just that on this tour, picking up tips from the Maasai masters themselves. You will spend the day in the beautiful Kenyan countryside, getting to know some of the friendly members as they teach you how to build manyattas; mud and thatched homesteads usually surrounding a cattle enclosure. All built by female family members.

#### 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

**1 Day**  
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Passengers

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to the hotel

A traditional lunch is included on the tour, which will offer another chance to chat to your hosts and compare life stories. This is a unique opportunity to spend a day immersed with the Maasai and a cultural tour where you are part of village life and old traditional cultural practices and rituals.

# Tour Itinerary

## Build a home the Maasai way

Your One Horizon guide will pick you up from your hotel for a scenic hour-long journey to a Maasai village in the hills around Kiserian, a settlement in the Great Rift Valley southwest of Nairobi.

You will be introduced to the elder Maasai women who will be supervising the day's events and will also meet the women of the family whose home you will be helping to build. Over a cup of delicious Kenyan tea, they will share with you what it's like to live in a village, Maasai tribal values and how the Maasai manage their environment.



Once we're all acquainted, it's time to get stuck into your project for the day—building a manyatta. You'll be shown all the skills that are required including how to replicate the intricate weave of the branches, sticks, and thatch, and make walls and ceilings out of mud. These instructions are very special as you will see and take part in traditional home-making skills that have survived for centuries and are passed down through generations.

After also building up an appetite, enjoy a hearty lunch of local ugali, (a maize flour porridge), vegetables and fruit, eaten with your hosts, giving you more time to get to know them and find out more about their way of life and how it might compare to your own. The afternoon continues with the building of the manyattas, and while a home like this can take up to three weeks to build to wait for the materials to properly dry out, you helping the women can reduce this time significantly. Before returning to Nairobi, they will dress you in traditional Maasai-style in a red shuka cloth or 'African blanket' and you will be treated to an infectious display of singing and dancing.



## The Resilient Women of Kenya

### Highlights

The Resilient Women of Kenya 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)

In Maasai communities' it is a cultural tradition that women build the homes and ensure their young sons and daughters make the transition into adulthood in the traditional way. Other resilient Kenyan women include Kikuyu grandmothers who play a vital role in raising their grandchildren and extended families, and One Horizon supports a pig farm initiative to improve the livelihoods of grandmothers by empowering them through small-scale farming.

#### 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

**1 Day**  
Tour

**9 Max**  
Passengers

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

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

By the end of this One Horizon day cultural tour, you'll have visited two local communities most travellers never get to see. Not only that, but you'll get to hear their stories, see how they live, and gain a greater understanding of the strength of Kenyan women.

# Tour Itinerary

## Meeting Maasai Women

The Maasai are proud semi-nomadic pastoral people who have age-old traditional cultural practices and rituals. Every member of the family takes on certain roles and responsibilities and it is the women that build the manyattas (homesteads), care for the children, ensure their young sons successfully make the transition from a young boy to a moran, or warrior, and their daughters are prepared for their weddings. Your One Horizon guide will pick you up from your Nairobi hotel in the morning and we go to an area known as Kiserian, the traditional homeland of the Maasai and you might catch a glimpse of herds of cows and goats being herded by the tribesmen. Here you will be invited to visit a village and meet some amazing Maasai women, and in one of the manyattas your host, partly through traditional verse and song will give insight into what being a Maasai woman means, with all its rituals and obligations. You'll also get the opportunity to try some traditional food, join in the infectious singing and dancing, and the women will show you how to make a traditional Maasai beaded wristband to take home with you as a memory of your day.



## Visiting a Self-Reliant Grandmother's Farm

In the afternoon we drive you to a Kikuyu village on the outskirts of Nairobi, where Kenyan grandmas are often responsible for raising their grandchildren and others in their family when parents can no longer look after them. You meet some endearing and entrepreneurial grandmothers who are beating their generational cycle of poverty by operating their own pig farm, which is a project supported by One Horizon to improve their livelihoods by empowering them and providing an income through small-scale farming. Additionally the bio-gas system creates energy out of the waste to power their homes which means that the family no longer has to cut down trees for cooking and heating purposes. Your tour fees and visit support their training, as well as veterinary care and feed for the pigs, and this is a rare opportunity to support a grassroots social enterprise.

You will be shown around and pitch in with the chores if you like, join in some joyful singing and dancing over a cup of local tea or chai, and by sharing lots of laughter and listening to their inspirational stories, you'll get a real insight into the strength and resilience of these remarkable Kenyan women.



## Mother's Day in Kenya

### Highlights

Mother's Day In Kenya is a culture and community 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)

Mother's Day each year in May is a big event in Kenya because mothers are highly revered in Kenyan society and they are considered as the heroes in their local communities. One Horizon holds village parties to celebrate Mother's Day and you are invited.

#### 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

**1 Day**  
Tour

**9 Max**  
Passengers

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

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

It's a private event at the projects we support, so the party guests are you and your friends and a crowd of assorted mothers, grandmothers and their families.

Enjoy great food and conversation, lively singing and dancing, and if you are a mother or grandmother yourself, this is a wonderful opportunity to share many stories and much laughter.



# Tour Itinerary-Opt1

## Kikuyu Grandmothers

One Horizon holds a special Mother's Day party at a community of warm and welcoming Kikuyu grandmothers to celebrate their resilience in the face of great challenges and for being role models for younger Kenyans. Grandmothers become the primary caregivers when parents are unable to do so, and there are many grandmother-headed households in Kenya that care for a number of generations. But thanks to a pig-farming small business program supported by One Horizon, the grandmas earn a sustainable income to feed and keep their families together.

On this insightful day, you will be shown around the farm and help cook our delicious traditional Kenyan lunch. The grandmothers narrate their powerful stories and you join in the party with joyful singing and dancing to celebrate Mother's Day and all that they have achieved.



# Tour Itinerary-Opt2

## Maasai Mothers

We celebrate Mother's Day with the Maasai by hosting a party in a traditional village. The Maasai are proud semi-nomadic people who have age-old traditional cultural practices, and Maasai mothers hold a vital position as they shoulder a great deal of responsibility in day-to-day life. They also develop intense bonds with their children and nurture and develop their sons to become future warriors, or morans.

This is a fun-filled day and you will be dressed in a traditional Maasai shuka cloth or 'African blanket', make your own piece of beautifully-crafted beaded Maasai jewellery, and you help cook our delicious Kenyan lunch. Listen to their stories and ideas, join in the singing and dancing, and enjoy this Mother's Day party when the Maasai respectfully honour their strong, wise and highly-revered mothers.



## International Women's Day in Kenya

### Highlights

International Women's Day in Kenya is a culture and community 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)

Each year on March 8th, One Horizon celebrates this special day by holding parties for the wonderful Kenyan women at the projects we support and you are invited. This is a rare opportunity to visit remarkable groups of women who are instrumental in building new, bright and sustainable futures for themselves, their families and their communities.

#### 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

### 1 Day Tour

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

### 9 Max Passengers

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

There are two options to choose from; a visit to a Maasai village where the women will show you their age-old customs and their responsibilities for the family in the very patriarchal Maasai society, or a Kikuyu community where you'll see how a farming enterprise assists grandmothers to support the many generations they care for. These experiences will give you deep insight into the customs and structures of rural Kenyan family life, and the highlight is the genuine interaction with these amazing women as we applaud their achievements at our events on International Women's Day.

## Tour Itinerary-Opt1

### Marvellous Maasai Women

Connect with Kenya's proud Maasai women on International Women's Day in an authentic and interactive way by becoming part of the hustle and bustle of their village.

It is Maasai women who make many important family decisions and shoulder a great deal of responsibility in day-to-day life, and they build the manyatta, or family homestead, and are responsible for livestock cultivation, meal preparation, and educating their children for roles in the community.

This is a fun-filled day with singing and dancing and you will dress in a traditional Maasai shuka cloth or 'African blanket' and help cook our traditional Kenyan lunch. Our International Women's Day party celebrates the strength, courage and wisdom of Maasai women and you'll gain an understanding of how important they are in Maasai society.



## Tour Itinerary-Opt2

### Celebrating Kikuyu Grandmothers

Celebrate International Women's Day by meeting a Kikuyu community of endearing and entrepreneurial grandmothers at a project supported by One Horizon, which has significantly improved their livelihoods by empowering them through small-scale farming.

Many Kenyan grandmothers play a vital role in raising their extended families when parents are unable to do so, and the financial constraints are extremely challenging. But thanks to our small business program, the grandmas earn a sustainable income from pig-farming to feed their families.

On this day of fun, you'll get to know the delightful grandmas, help cook our traditional and delicious Kenyan lunch, and share much laughter and singing and dancing. On our special International Women's Day party you will get a real insight of the strength and resilience of these remarkable Kenyan grandmothers..



## From Gray to Green

### Highlights

Tree planting and reafforestation is the focus of the day. The loss of land and damage to ecosystems by overgrazing is nothing new.

Because landscapes, even within a small area are highly varied, the solutions are inevitably local and relevant to that area. In the hills and grasslands around Nairobi the consequence of generations of overgrazing are severe. Carrying capacities are lower, the quantity and quality of grasslands have **declined** significantly and consequently the Maasai roam further in search of adequate pastures. There are solutions but all of us have a part to play in being part of that.

#### What's Included

- Air conditioned hotel transfers
- Unlimited fruit, tea, coffee and water.
- A handmade Masai wrist band
- Upto 50 images and videos
- Modern toilet facilities

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

### 1 Day

Tour

### 9 Max

Passengers

#### Pick Up

@ 9:00 am  
from the hotel

#### Drop Off

@ 4:30pm  
to the hotel

This 1-day cultural tour and eco saving experience enables all of us to play a part to reverse, over time, the impact of overgrazing and loss of grazing land and habitats for wildlife that erosion causes.

# Tour Itinerary

## A project that aims to plant 10,000 trees

Tree planting is the major activity of the day. In coordination with local Maasai villagers our guests will be helping to plant up to 25 trees per person to help achieve stabilisation of the land from severe erosion. And this is stage 1, where it has been anticipated that 10,000 trees will occupy the site prior to the planning of native Acacia trees found on the African savanna.

The area where the planting takes place is in a valley where, when it rains, massive amounts of water have scoured the land and left huge furrows. The herding Maasai have lost a significant amount of their land. Drainage works by the government is addressing the flow of uncontrolled water, but now it's the community's effort which is required. Planting trees will help stabilise and mitigate the loss of further lands to erosion.



The species of trees which are required has already been identified and the project will progress in stages. On a holiday experience it is unlikely that many people have the opportunity to provide support in such a practical way to an indigenous community such as the Maasai.

Helping in this endeavour will be young Maasai men and women who One Horizon has employed to dig the holes and to ensure that there is enough water to water the trees. Getting the young Maasai involved also helps build their ownership of the project at the same time as providing an income. And whilst the planting goes on, our Maasai helpers will no doubt be singing and dancing their way through the day. And when we take a break, we will retreat to the village for refreshments and some fun. And that involves demonstrations of some of the skills that the Maasai that helps them navigate their lives.





## Jewellery Making and Maasai Culture

### Highlights

This unique cultural tour in Kenya is conducted in a village and in a traditional Maasai home (manyatta) under the tutelage of Maasai women who support their families through making jewellery.

The Maasai community that you become part of is not a tourist attraction. It is a community that goes about its days doing what the Maasai do every day, herding animals. That's why it is one of the most intimate cultural tours which provides insights into Maasai life.

#### What's Included

- Air conditioned hotel transfers
- Unlimited fruit, tea, coffee and water.
- A handmade Maasai wrist band
- Up to 50 images and videos
- Modern toilet facilities

#### What's Excluded

- Gratuities (Optional)

#### Blackout Days

- Easter Friday
- Xmas Day

**1 Day**  
Tour

**9 Max**  
Passengers

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

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

The mementos of this experience is in the form of bracelets, an image and video gallery provided to you and your memories will be treasured for life.

## Tour Itinerary

Maasai jewellery, which is a distinctive part of the adornment of the Maasai, is an art form in terms of its colour and design. For the Maasai every colour and the arrangement of colours in jewellery has a meaning. Members of your host Maasai family and other tribe members have been skilled in the art of making jewellery by **their** parents and grandparents. It is an integral part of the life of the Maasai and they will take every opportunity to adorn themselves.

Jewellery pieces are an important aspect of the rites of passage from transitions into adulthood, to marriage proposals, dowry negotiations, birth and death. It's the vibrancy of colour and design that are the hallmarks of Maasai jewellery. And during your day at the village, you will also get to witness some of the skills of **the** Maasai from those to do with learning how to protect oneself from predatory animals that stalk their herd to the plants and herbs which they use for medicinal purposes.



It is a total cultural tour and immersion in all things Maasai.

On this cultural tour you will also see how song and dance is part of the Masai's everyday life. You will see a rich and wonderful culture that is maintaining its traditions. And with your Maasai host leading the way your day will be punctuated by the songs and dance of the Maasai.

The village is less than 60 minutes from Nairobi and in the Maasai homelands. It's a great place to take a break from bustling Nairobi and the serenity of the magnificent valley will also help refresh your energies. A master class in all things Maasai and a day you will remember forever.