



GOLF IN KENYA

THE NATURAL CHOICE



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KENYA - NATURALLY BETTER

Kenya is famous the world over for thrilling wildlife and breathtaking scenery in vast national parks that carry visitors right to the heart of Africa. What is less well known is that Kenya embraced the world's favourite game many decades ago, with a rich variety of convivial clubs and challenging courses dating back to 1906. Playing golf in Kenya is a wonderfully evocative experience that every golf traveller will cherish. There is such variety, not only between the city and the coast, but between individual courses, allowing the golfer to enjoy the wonders of nature in the company of highly experienced caddies. For a memorable golf vacation that always delivers much more than it promises, Kenya is the natural choice!



HISTORY

A Royal Pedigree, with long days, consistent sunshine and evening rains to nourish its courses, Kenya has always offered the perfect golfing escape. When the first Europeans settled here in the late 19th Century, it was commonly said that each community should have a church, a club and a golf course – although not necessarily in that order.

In 1906, just 7 years after the East African Railway arrived in the swampy Maasai country known as Enkare Nyrobi, Kenya's first golf course opened in what is now Upper Hill. The Nairobi Golf Club – which would become the Royal Nairobi Golf Club – opened the floodgates for an intrepid band of golf-course architects, who went on to build dozens of courses from the lush Central highlands to the panoramic slopes of the Great Rift Valley and on to the sparkling Indian Ocean coast.

Kenya has over 42 courses, at least a third of which have hosted major tournaments and are considered to be of international standard. A variety of smaller courses offer unique geographical quirks for the connoisseur: from "Kenya's only uphill course" on the slopes of Nakuru's extinct Menengai volcano, to Mount Kenya Safari Club, where the equator and a rich variety of wildlife cross the fairways.

And then there is Kenya's colourful colonial history, which allows you to brush shoulders with some of the most legendary figures from Africa's past. Whether playing on the site where Karen Blixen grew her coffee in Nairobi, or beside the home of Scouts founder Lord Baden Powell in Nyeri; following in the footsteps of the late, great Seve Ballesteros at Muthaiga; or chasing the legends of Winston Churchill and Bing Crosby on the slopes of Mount Kenya.



PLAYING GOLF IN KENYA

Golfing in Kenya is a relatively gentle affair. So while you will find a healthy respect for the traditions of the game, expect a somewhat more relaxed attitude to formality on the course.

Availability

Most clubs have a weekly 'club night', when members enjoy exclusive use of the course for the afternoon, or in some cases for the whole day. Competition days are usually held during the weekends. At all other times, visiting golfers can usually just show up and play – although, again, prior bookings are recommended.

Price

One of the best things about golf in Kenya is the cost. The courses are far easier on the pocket than their European or American counterparts. Green fees vary between courses and days of the week, but usually come in significantly under US\$50 for an 18-hole round and for that you get first-class facilities, welcoming clubhouses and miles of tranquil fairways – often all to yourself. The only nominal extra cost will be a caddy, which given the altitude and climate, is worth every Shilling. Kenya's golf clubs welcome non members and do not insist on visitors taking out 'temporary membership' or producing handicap cards.

'Caddy Country'

Since the earliest safaris a century ago, Kenya has been famous for its friendly welcome. Kenya is 'Caddy Country' for golf and while some courses offer buggies for hire, the caddy experience is fun and the caddies are extremely knowledgeable. Caddies in Kenya are great companions as well as competent golfers and if requested, will offer invaluable advice on every shot. They are also incredibly proficient at finding lost balls, and don't seem at all worried about the wildlife that may be lurking in the rough! All caddies speak excellent English and will of course be delighted to help you improve your Swahili. Courses generally charge a caddy fee of \$10-15, which is paid directly to your caddy. An additional tip for a personal 'thank you' will also be much appreciated.



TO THE 19TH HOLE AND BEYOND

No other country in Africa, perhaps none on Earth, offers the sheer depth of immersion in pure, wild, unrestrained nature. From swimming with whale sharks at the coast to elemental elephant encounters at Amboseli, from the gentle antics of the fearsome big cats to the superlative-defying spectacle that is the Maasai Mara migration, no other country does wildlife quite like Kenya. So don't just pack your clubs and your gloves. Bring your binoculars and your walking boots. Bring your family and your friends. Whichever way you look at it, a golfing holiday in Kenya is just too good not to share.

Clubhouses and Attractions

The diverse attractions close to Kenya's courses ensure that golfers and their families rarely have to part ways to make the most of a "golf safari". The coastal courses provide easy access to a world-class list of water sports, from glass-bottom boat rides to kitesurfing and scuba diving, while the Nairobi courses offer beautiful walks and some of the best bird watching spots in the country. Then there are the wilder excursions, ranging from boat rides among hippos at the Great Rift Valley Golf Resort to swimming with whale sharks near Leisure Lodge. Even in Nairobi, the wild is never far away: Karen Country Club is a stones throw from the Giraffe Centre, where you can feed rare Rothschild giraffes, as well as the enchanting baby elephants and rhinos at the David Sheldrick Wildlife Trust.

Such places will keep your family entertained while you play golf – ensuring you can join them for the "real" action of a longer safari in one of Kenya's legendary national parks.

Today, a number of international and Nairobi-based operators offer a range of bespoke golf itineraries that combine the country's top championship courses with some of the quirkier, lesser known courses and a choice of adventurous safari and coastal holidays. The close proximity of many of Kenya's top courses means that you can be playing golf in the morning, basking on a pristine white beach in the afternoon and getting 'up close and personal' with a leopard or an elephant at a waterhole in the evening.

No matter how you want to spend your time off the course, Kenya offers a world of opportunities – from wild adventure to serene luxury – for the modern golfer and their family.



GOLF IN NAIROBI

Nairobi is Kenya's capital city and the centre of government and commerce. This vibrant and cosmopolitan city offers visitors a choice of world-class accommodation, fine restaurants, exciting retail opportunities and a huge range of cultural activities and wilderness excursions. Nairobi's courses epitomise the charm of golfing in Kenya: just a short hop from the modern city, you are transported to the ancient heart of the African bush, surrounded by virgin forests, hills and savannah and enchanted by beautiful birds and rare and unique wildlife.

The Golf Experience

All of Nairobi's courses enjoy wonderful natural surroundings and a tremendous variety of landscapes, from the subtropical forests of Windsor to the higher plantations and temperate woodlands of Limuru.

All the courses featured are of an international standard, with exciting and challenging designs, picturesque water hazards and fairways that often play home to diverse wildlife. Between rounds next to Nairobi city centre is Nairobi National Park – a unique ecosystem and the only protected reserve in the world that adjoins a capital city. The park has a large and diverse wildlife population and guided game drives can be arranged from any hotel. There is also an elevated 'Safari Walk' for a bird's-eye view of the park.

Within the city, the National Museum offers an enlightening introduction to Kenya's rich natural and cultural heritage and there are also several superb art and craft galleries. To the Southwest of the city lies the suburb of Karen, named after Karen Blixen, the legendary author of *Out of Africa*. After playing a morning at Karen Country Club, afternoon trips can be made to Karen Blixen's house, Giraffe Manor and Daphne Sheldrick's world-famous elephant orphanage. For something different, white-water rafting, mountain climbing and trips to archaeological sites are all within a few hours' drive of the city.



Accommodation

Finding somewhere to stay in Nairobi is never a problem. All the major international hotel groups have outlets in the city, golfers may also choose to stay at a golf resort or one of the many delightful boutique hotels in Nairobi's leafy suburbs.

Accessibility

Jomo Kenyatta International Airport is located just outside the city centre and is a major international gateway on all major airline routes. Wilson Airport serves as a domestic hub for flights to the coast and national parks.

Climate

Moderate, subtropical climate: warm days, cool nights.



KAREN COUNTRY CLUB

With its lush fairways threading through natural woodlands, this stunning course occupies a special place in the heart of historic Kenya on the site of Karen Blixen's famous coffee estate.

- 18holes, par 72
- Altitude: 1,830 meters
- Tee distance (championship): 6,924 yards
- Tee distance (ladies): 5,707 yards
- Course ratings (SSS): men-72, ladies-72
- Opened: 1993
- Designer: Jean Remy Martin

Karen Golf and Country Club smiles at the wit, but responds with one of the best – and most beautiful – walks anywhere in Africa, among lush indigenous forests and pools and wetlands bursting with birdlife, butterflies, sprays of flowers and luminescent bougainvillea. As well as the area's rich history (Karen Blixen's home lies just beyond the second green) golfers will marvel at the little cameos of wildlife. Being near the equator above 1,800 meters, the sunshine sparkles and your ball flies further through the cool highland air. There are no big hills to climb, but ample twists and turns and thoughtfully placed hazards to give big hitters a reality check.

Clubhouse Facilities

- Club and trolley rental
- 250-yard driving range
- Practice putting area, chipping and bunker zone
- Fully equipped 'dawn to dusk' pro-shop
- Changing rooms with showers and towels
- All-day snacks, restaurants and cocktail lounge



LIMURU COUNTRY CLUB

Worthy of its place among Kenya's most famous tea fields, Limuru Country Club shows that we value fine golf and fine company just as much as our most celebrated commodity:

- 18 holes, par 71
- Altitude: 2,135 meters
- Tee distance (men's): 6,739 yards
- Tee distance (ladies): 5,582 yards

Applicable for professionals and championship tournaments

- Course ratings (SSS): 71
- Opened: February 1952
- Designers: Mr. J.A. Kinnell & Major W.D. Bacon

Set amid the radiant green tea hills that gave rise to Kenya's main export industry at the start of the 20th Century, Limuru Country Club provides a serene and uniquely charming country retreat less than 30 kilometers from the bustle of downtown Nairobi. Nestled in the foothills of the Uplands Escarpment, as it begins its ascent towards the Aberdare Mountains, the course is spread out over 200 acres of broad, sweeping fairways interwoven with magnificent indigenous trees and alive with the calls and iridescent colours of thousands of beautiful birds. Golfers are invariably awed by the signature par-5 3rd hole which enjoys stunning views over the luminous tea plantations. Up here at over 2,100 meters, the highland air is crisp and energising.

Clubhouse Facilities

- 300m driving range with target greens
- Putting green and practice bunkers
- Well-stocked pro-shop, branded clubs for hire. Right/left handed clubs available
- Changing rooms with showers and towels
- Restaurant, bar and terrace
- Swimming pool, lawn bowling, squash court & three tennis courts



MUTHAIGA GOLF CLUB

Combining tradition with the most challenging golf course in the region, Muthaiga Golf Club is a must play for any visiting golfer:

- 18 holes, Par 71
- Altitude: 1,710 metres
- Tee distance (championship): 7,169 yards
- Tee distance (men's): 6,801 yards
- Tee distance (ladies'): 5,783 yards
- Course rating (SSS): 72, 71, 73
- Opened (original course): 1913
- Opened (new course): 2004
- Designer: Peter Matkovich

Muthaiga Golf Club, proudly called the 'Home of Golf' by its elite membership, is in many ways the ultimate embodiment of Kenya's unique marriage of ancient golf tradition and a modern 18-hole championship golf course. It has also been reborn as one of the most prestigious and challenging courses in the region. The force behind this renaissance is an extensive course reconstruction by the celebrated South African golf architect, Peter Matkovich, who returned Muthaiga to prominence as the finest course with the fastest greens in East Africa. The Kenya Open, which is part of the European PGA Challenge Tour, has been hosted at Muthaiga Golf Club every year. Winding through the lush woodlands of Karura Forest, Muthaiga Golf Club offers a great ambiance, with its tree-lined fairways interspersed with numerous lakes and ponds. The water features are a breeding ground for magnificent Egyptian Geese, while monkeys frolic on the 522-yard doglegged 4th hole and the par-3 5th.

Clubhouse Facilities

- Clubs for hire
- 265-yard driving range
- Putting green, practice bunker and chipping green
- Fully equipped pro-shop
- Changing rooms with showers and towels
- Members-only times are Wednesdays from noon onwards



SIGONA GOLF CLUB

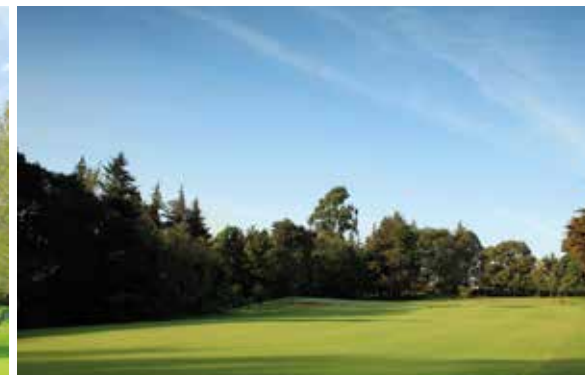
One of the first courses to draw overseas golfers to Kenya, Sigona remains one of the high flyers of African golf – and continues to draw unexpected visitors to its fairways:

- 18 holes, par 72
- Altitude: 1,980 meters
- Tee distance (men's): 6,890 yards
- Tee distance (ladies'): 5,631 yards
- Applicable for Professional and Championship tournaments
- Course rating (SSS): Men-72, Ladies-71
- Opened: 1938
- Designer: Tom Simpson

Originally constructed as one man's fancy in 1938, Sigona Golf Club has brought delight to thousands of avid golfers over the past 70 years. The course was the farsighted dream of Mr. Jack Berkley-Matthews, head of the Kikuyu Estates Agricultural Company, who excised part of his firm's rolling wattle tree plantations to build a personal nine-hole course. Sigona became an 18-hole championship course, with the shortening of some of its lengthy par 5s and the addition of several challenging bunkers, the fairways and flawless greens are watered by a computerised irrigation system and the regular rainfall that falls on this high shoulder of the Great Rift Valley. There are unexpected surprises to be had here: golfers have been known to be disturbed by a variety of antelopes, including the majestic Beisa oryx, as well as a number of smaller mammals and Central Kenya's ever magnificent birdlife.

Clubhouse Facilities

- Club and shoe rental 300-yard driving range
- Professional putting greens
- Pro-shop with high-tech training facilities
- Changing rooms with showers and towels
- Restaurant, bar and terraces



WINDSOR GOLF HOTEL & COUNTRY CLUB

For two decades, Windsor Golf & Country Club has held the crown as the finest of Nairobi's championship golf courses – an honour it is in no danger of ceding any time soon:

- 18 holes, par 72
- Altitude: 1,830 meters
- Tee distance (championship): 7,290 yards
- Tee distance (men's): 6,734 yards
- Tee distance (ladies'): 5,695 yards
- Course rating (SSS): Men-72, Ladies-72
- Opened: 1992
- Designer: Tom Macauley

Twenty years after it was heralded as Kenya's first truly "international" 18-hole course, the Windsor Golf Hotel & Country Club is still widely celebrated for its captivating blend of world class championship golf with the more down-to-earth delights of Africa's natural heritage. Built on a former coffee estate, the Windsor is testament to the enduring vision of Tom Macauley, President of the former British Association of Golf Course Architects, who designed the course with a firm commitment to preserving the exceptional stands of virgin forest. The course remains a critical sanctuary for several significant bird species, including Egyptian geese, black kites and the majestic brown eagles that soar above its fairways. Two of the greens are completely ringed by water, adding an exhilarating test for both local and visiting golfers. The Windsor prides itself as a natural "starting point" for international golfers.

Clubhouse Facilities

- Branded clubs and buggies for hire
- Top brands for sale in the pro-shop
- 273-yard driving range
- Putting greens and practice bunkers
- Changing rooms with showers and towels
- Hotel with two restaurants, three lounge bars, heated swimming pool, squash & tennis courts and jogging track around the golf course



KENYA'S GOLF COAST

Kenya's magical coastline stretches for more than 400 kilometers. The dazzling white, sandy beaches and protected coral reefs are a haven for holidaymakers, but the region also has an enchanting culture and a rich, often tumultuous history. There are currently three major courses on the Coast, with several others planned or close to completion. The tropical climate ensures year-round sunshine, with seasonal onshore winds adding to the challenge and enjoyment of a round on the 'Golf Coast'.

The Golf Experience

All of the coast courses are beautifully presented, with breathtaking views over the Indian Ocean and a stunning variety of exotic flora and fauna. Palm-fringed fairways give way to indigenous forest and coral cliffs, with spectacular birdlife and troupes of Sykes and Colobus monkeys making regular appearances. All three courses profiled offer first class facilities and equipment hire – and excellent value for money.

Between rounds

The beaches on both the North and South Coast are simply stunning, and even the most discerning travellers will be delighted by the sheer variety of facilities and activities on offer. Scuba diving, big-game fishing, windsurfing, whale watching, dhow cruises and a wide choice of modern water sports and exciting day trips are available. On the North Coast, East Africa's largest original coastal forest, Arabuko Sokoke, boasts an incredible number of endemic species and more than 230 recorded species of birds. North of Malindi, a short hop to Lamu Island offers a trip back in time, to experience the fusion of Swahili and Arab cultures in one of Africa's oldest coastal settlements. Mombasa's historical Old Town dates back to the 14th century and a day trip for souvenir shopping or a visit to Fort Jesus is definitely worth considering. On the South Coast, visitors have a wide choice of exotic day trips, from the idyllic shores of Wasini Island to Shimba Hills National Reserve – home to both elephant and the rare Sable antelope. Kenya's largest national park, Tsavo East, is also a short flight (or slightly longer drive) away, offering close encounters with the Big Five and a luxurious variety of lodges and tented camps.



PGA BAOBAB COURSE, VIPINGO RIDGE

Kenya's latest, possibly greatest course has all the experts talking. From the velvet greens to our iconic clubhouse, Vipingo's, PGA Baobab Course brings a new dimension of golf to East Africa.

- 18 holes, par 72
- Altitude: 125 meters (410 feet)
- Tee distance (championship): 7,314 yards
- Tee distance (men's): 6,881 yards
- Tee distance (ladies'): 6,483 yards
- Course rating (SSS): 75, 74, 73
- Opened: 1st August 2009
- Designer: David Jones

Nestled between the shimmering Indian Ocean and the rolling green hills of the Kenyan heartland, a landscape of lush, expansive beauty provides the setting for Vipingo Ridge, the newest and most striking addition to Africa's great golf courses. The Baobab Course, the first of Vipingo Ridge's two 18-hole courses, is built to the most exacting international standards, with panoramic ocean views to the East and sunsets over the vast African interior to the West.

Clubhouse Facilities

- Golf clubs and buggies for hire
- 300m driving range with target greens
- Two large putting greens, chipping green with bunker
- Pro-shop
- Locker rooms with showers and towels
- Restaurant, bar, rooftop terrace
- Friday club nights
- Please enquire for short-term rentals of private residences on the estate.



LEISURE LODGE BEACH & GOLF RESORT

A unique and impeccably maintained course beside one of the most beautiful stretches of white sand on Earth, Leisure Lodge offers its guests the very best of both worlds:

- 18 holes, Par 72
- Altitude: Sea level
- Tee distance (championship): 6,632 yards
- Tee distance (men's): 6,385 yards
- Tee distance (ladies'): 6,123 yards
- Course rating: 73, 72, 69
- Opened: 1998
- Designer: Thomas Fjastad

It has been called the most beautiful in East African construction projects ever witnessed on Kenya's South Coast, with miles of coral overlaid with sand and topsoil, the installation of an intricate web of pop-up sprinklers, and tones of tifgreen, pennlinks and other special grasses imported from the United States. Today, Leisure Lodge is widely regarded as one of the most exciting and exacting courses on Africa's amateur circuit, with numerous tournaments staged here. As the only true beach-and-golf resort in Kenya, Leisure Lodge can guarantee guests that ultimate holiday aspiration.

Clubhouse Facilities

- Branded clubs and buggies for hire
- 270m driving range
- Putting green and practice bunker
- Pro-shop and coaching packages
- Changing rooms with showers and towels
- Two fine restaurants and three bars



NYALI GOLF & COUNTRY CLUB

The home of golf on Kenya's coast, Nyali is a true seaside paradise; its perfectly formed greens flanked by flamboyant flame trees, its fairways alive with troops of vervet monkeys.

- 18 holes, par 71
- Altitude: sea level
- Tee distance (championship): 6,715 yards
- Tee distance (men's): 6,510 yards
- Tee distance (ladies'): 5,431 yards
- Course rating (SSS): 72
- Opened: 1958
- Designer: Monty Lowry

Located in the leafy Nyali suburb of Mombasa, Nyali Golf & Country Club is a traditional coastal course, lined with flowering trees and featuring impeccably maintained fairways and some of the fastest greens in Kenya. Its central location offers easy access to Mombasa's world-class beach resorts, water sports centres, shops and restaurants-while the evocative 15th Century landmarks of Fort Jesus and Mombasa's Old Town are just a short drive away.

Clubhouse Facilities

- Club rental
- 280m driving range
- Two putting greens, one chipping green
- Pro-shop with wide range of accessories
- Changing rooms with showers and towels
- Swimming pool, gym, tennis and squash courts
- Restaurant and well-stocked bar



THE GREAT RIFT VALLEY

Stretching from Northern Syria to Mozambique, the Great Rift Valley is a 6,000-kilometre trench in the Earth and one of the planet's most outstanding geological features. In Kenya, the valley is at its deepest North of Nairobi, where the Great Rift Valley Lodge & Golf Resort affords spectacular views over Lake Naivasha, Mount Longonot and the Aberdare Mountain Range. The Rift Valley offers golfers a real feeling of being in Africa, a spectacularly peaceful setting, and the perfect base for adding a longer wildlife safari to your itinerary.

The Golf Experience

The Rift Valley and surrounding highlands offer a choice of very different and in some cases, very challenging courses. The Great Rift Valley Resort boasts a world-class course situated at 7,000 feet above sea level, with narrow, undulating fairways, shimmering lakes and greens which gaze over the Valley floor. Expect a 10-15% increase in your driving distance and remember that zebras and antelopes have right of way!

Between Rounds

As with most areas in Kenya, the Rift Valley offers golfers a seemingly endless choice of activities and day-trip destinations. Lake Naivasha is an ornithologists' dream and a boat trip to Crescent Island's private sanctuary will allow close viewing of zebra, waterbuck, giraffe and several species of antelope. The adjacent Hell's Gate National Park – named after a break in the cliffs that was once a tributary of a prehistoric lake - is home to over 100 species of birds, including vultures, Verreaux's eagles and the Augur Buzzard. Hell's Gate is also famous for its spectacular gorges and volcanic hot springs and geysers. Only an hour's drive from Naivasha is the Aberdare National Park. The park's deep forested ravines are home to black rhino, leopard, baboon and the rare mountain bongo. Overnight at Treetops or the Ark is an experience not to be missed. The park also offers excellent trout fishing. Kenya's extensive network of airports and airstrips means that the Maasai Mara, Tsavo and the Coast are only a short flight away.



Accommodation

The Great Rift Valley Lodge has a choice of comfortable en-suite rooms and stylish modern villas. In and around Naivasha, there is a wide choice of lodges, exclusive private getaways, charming country houses and farms that offer excellent accommodation, fine dining and a truly 'Out of Africa' experience.

Accessibility

A short drive from the well-maintained Pan African Highway, the Great Rift Valley Lodge is just one-and-a-half hours' drive from Nairobi – or a 30-minute flight to its own all-weather airstrip.

Climate

Subtropical climate



GREAT RIFT VALLEY LODGE & GOLF RESORT

With every hole offering spectacular views over the shimmering expanse of the world's largest valley, this is clearly a course for golfers who like to reflect seriously on their game!

- 18 holes, par 71
- Altitude: 2,088 meters
- Tee distance (championship): 7,107 yards
- Tee distance (men's): 6,504 yards
- Tee distance (ladies'): 5,502 yards
- Course rating (SSS): 74, 72, 72
- Opened: December 1999
- Designer: Thomas Fjastad

The Great Rift Valley Lodge and Golf Resort bagged the coveted award for 'Leading Golf Resort in Kenya' at the 2010 World Travel Awards, it was a worthy 10th birthday present for a course often described as among the most breathtaking in Africa. With horizon-touching views over the world's largest valley, from Mount Longonot and the Aberdare Mountains in the East to the bird thronged lakes of Naivasha and Elementaita, the course offers an unfettered immersion in wild Africa, alongside some of the most memorable golf on the continent.

Clubhouse Facilities

- Clubs for hire
- 275m driving range
- Putting, chipping and bunker practice areas
- Fully stocked pro-shop
- Changing rooms with showers and towels
- Beautiful 'cloud-level' restaurant and bar
- Thursday club nights



PLAN YOUR TRIP

There is no dispute that Kenya's varied courses offer an exciting prospect for the avid golfer, but for the uninitiated, the following advice may prove to be invaluable and help add to the enjoyment.

It is highly advisable to book your itinerary through a specialised golf tour operator who will handle all transport, accommodation and tee-times. They also have a wealth of experience and will be able to offer sound advice. If you are planning your trip independently, don't crowd your itinerary. Traffic during rush hour can be very slow and internal flights can be very busy during the high season. Also remember that many of Kenya's courses are private members' clubs, which means they will not allow visitors on club nights and sometimes during the weekends.

Getting there

Getting to Kenya has never been easier. Many airlines are now part of global alliances that have made travel to Kenya faster and more affordable. From the UK alone, British Airways and Kenya Airways fly direct to Nairobi, while most major international airlines route via European, Middle Eastern or Asian destinations. Internally, there is an extensive network of routes served by several excellent regional airlines and charter firms, meaning transfers by air are both efficient and affordable.

Visas

Three-month tourist visas to visit Kenya can be obtained online, on arrival or prior to departure from the Kenyan High Commission or Embassy in your home country. (For a few specific countries, visas must be obtained prior to departure.) The current rates are US\$50 for a Single Entry Visa.

Money

The local unit of currency is the Kenya Shilling (KShs). ATMs accept international credit and debit cards and all hotels accept Mastercard, Visa and other major cards.



Health

It is recommended that visitors consult their doctor prior to departure for advice on medication and vaccinations.

Security

Golfers enjoying Kenya's courses (and other attractions) through a reputable tour operator are usually taking no greater a risk than playing at home.

Playing at Altitude

Nairobi's finest courses are all at an altitude of between 5,500 and 6,000 feet and the Great Rift Valley's course is at 7,000 feet. At high altitude, air pressure is less than the sea-level pressure and therefore less oxygen is absorbed into the body. Allowing a day for the body to acclimatise before playing will reduce the possibility of fatigue, dizziness or headaches - all symptoms of altitude sickness. The good news however is that the lower air density means your drive will improve by 10-15%. Time on the driving range is therefore a good idea to assess which clubs work for various distances.

Keeping Cool and Staying Warm

At the Coast, the weather is usually hot and humid and it is important to avoid dehydration, which can lead to heat cramps, heat exhaustion and even a heat stroke. Drink plenty of fluids, avoiding alcohol and sugary drinks which speed up dehydration and wear loose, light coloured clothing and a cap. Sun cream is essential. In Nairobi and particularly in the Central Highlands and Rift Valley, temperatures can be very warm during the day, but drop significantly as the sun sets. A sweater or slipover is therefore just as important as sun cream!

Sports Baggage

It is prudent to check the airline's policy on golf bags via their website. Policies are frequently changing and no one wants unexpected excess baggage charges at the airport.

Take a Camera

Whether it's the panoramas, the on-course wildlife or relaxing at the 19th hole, your memories of golfing in Kenya will be treasured.

And finally...

Play more than one course! Kenya is blessed with such varied scenery; it would be a shame to miss any of it.



GOLFING SAFARI

Sample Magical Kenya Golf Safari Itinerary

Day 1,

Arrive in Nairobi. A choice of day excursions: Shopping; Nairobi National Park; National Museum; Elephant Orphanage.

Day 2-3,

Golfing in Nairobi, 18 holes at a courses of choice combined with optional excursions.

Day 4-7

Maasai Mara, early flight (45 mins) to the Mara; afternoon game drive or optional balloon safari. Three nights in a luxury lodge or exclusive tented camp.

Day 7

Early morning game drive and lunchtime flight back to Nairobi; optional afternoon round.

Day 8

Naivasha. Golfing in the Great Rift Valley - transfer by road (2 hrs), afternoon round, overnight at the Lodge or in the Aberdare National Park.

Day 9

Early morning game drive and afternoon drive back to Nairobi.

Day 10

Early flight to either the North or South Coast, 18 holes in the afternoon.

Day 11-13

Golf or relaxing by the pool or on the beach.

Day 14

Depart Nairobi.



SUN, SEA AND GOLF

Sample MagicalKenya Sun, Sea and Golf Safari itinerary

Day 1

Arrive in Nairobi. A choice of day excursions: Shopping; Nairobi National Park; National Museum; Elephant Orphanage.

Day 2

Early flight to the South Coast (1 hour 15 mins). Afternoon round at Leisure Lodge Beach & Golf Resort.

Day 3-4

Diani Beach. Golf or relaxing by the pool or on the beach. Optional overnight excursion to Tsavo East (30 mins flight).

Day 5

Transfer by road to Nyali Golf & Country Club (1 hour 30 mins) via Mombasa. Afternoon round.

Day 6

Transfer by road to Vipingo Ridge (25 mins). Afternoon round.

Day 7

Vipingo Ridge.

Day 8-10

Watamu Beach: optional deep-sea fishing.

Day 11

Transfer for flight to Nairobi.

Day 12

Depart Nairobi.





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