

TABLE OF CONTENTS

Imprint / Legend	2
List of Maps	7

HISTORY AND CULTURE

History of Kenya	15
Kenya's People and Cultures	31

TRAVELING IN KENYA

THE GATEWAY TO EAST AFRICA

Mombasa	55
The Coast	62
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	63

COCONUT PALMS AND SILVERY BEACHES

The South Coast	67
Shimba Hills National Reserve	70
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	71

A TOUCH OF ARABY

The North Coast of Mombasa	75
From Shimo La Tewa to Kilifi	77
Gedi: A City of Ruins	79
Malindi	80
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	83
The Lamu Archipelago and Vicinity	84
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	89

GREEN CITY IN THE SUN

Nairobi	93
Ngong Hills	102
Gikomba	104
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	105
Nairobi National Park	107
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	111

NATURE PARADISE AT THE FOOT
OF KILIMANJARO

Amboseli National Park	115
Olorgesailie and Lake Magadi	119
Across the Tsavo Park	120
Tsavo National Park	123
Taita Hills	128
Lake Jipe and Lake Chala	128
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	129

TABLE OF CONTENTS

THE GREATEST ANIMAL SHOW ON EARTH

Masai Mara	133
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	139

LAKES IN THE GREAT RIFT VALLEY

Lake Naivasha	143
Lake Elmenteita and Lake Nakuru	148
Lake Bogoria	152
Lake Baringo	154
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	155

CENTRAL KENYA

Thika and Vicinity	159
Around Mount Kenya	162
Aberdares	164
Mount Kenya National Park	166
Meru National Park	167
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	169
Samburu, Maralal and Marsabit	170
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	175

THE JADE LAKE

Lake Turkana	179
Sibiloi National Park	185
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	185

THE DIVERSITY OF WESTERN KENYA

Kericho	189
Kitale	189
Mount Elgon	193
Kakamega Forest	197
Lake Victoria	197
Kisumu	198
<i>GUIDEPOST: Hotels, Restaurants, Sights</i>	201

FEATURES

Flora and Fauna	206
A Dying Paradise?	210
Richard Leakey	216
Underwater Wonderland	217
Diving	218
Fishing	220
Mountain Adventures	222
Sports, Sports, Sports	224
The Nostalgia Express	228
A Culinary Tour	230
Theater and Music	232

A Day with George Adamson	234
Religions	236
Developing Kenya	238

GUIDELINES

Preparations	242
Climate	242
Clothing and Equipment	242
Entry Requirments / Visa	242
Currency / Exchange	243
Health	243

Traveling to Kenya	243
-------------------------------------	-----

Traveling in Kenya	244
By Air	244
By Bus	244
By Car	244
By Taxi	244
By Train	245
Tours	245

Practical Tips from A to Z	245
Business Hours	245
Customs	245
Electricity	245
Flying Doctors	245
Holidays	245
Nature Conservation	245
Personal Safety / Crime	246
Pharmacies	246
Photography	246
Telecommunications	246
Time	246
Tipping	246
Weights and Measures	246

Addresses	246
Airlines	246
Clubs	247
Embassies / Consulates	247
Tourist Offices	247

Language	247
Authors	248
Photographers	249
Index	250