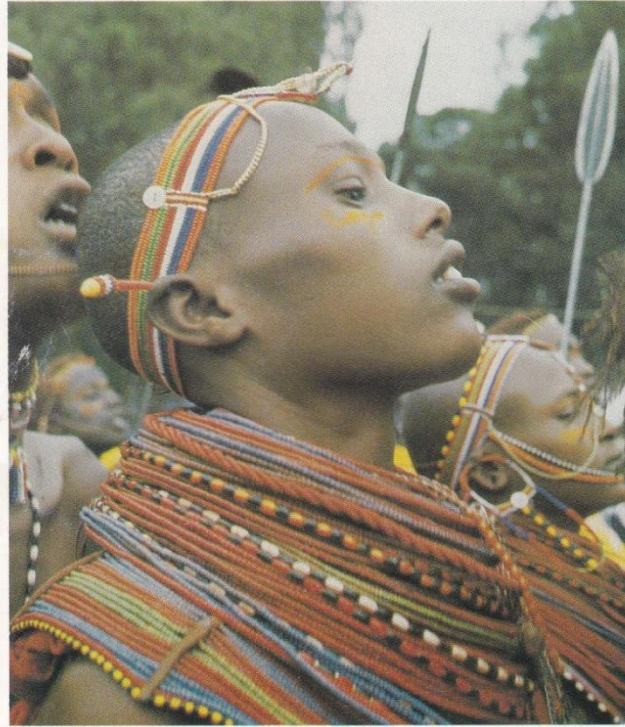


NAIROBI



 **SAS**

SAS at your service in Nairobi

The local SAS personnel bid you welcome and will do their best to make your stay as rewarding and enjoyable as possible.

You will find us:

Downtown

SAS Office,
Grindlays Building,
Kenyatta Avenue/Kimathi Street,
P.O. Box 59750,
Tel. 33 83 47.

Open hours: Mondays to Fridays 08.30 to 12.30 hrs. and 14.00 to 17.00 hrs. Saturdays 08.30 to 12.30 hrs. Sundays closed.

At the airport

SAS personnel will be in attendance at the airport on the arrival and departure of SAS flights.

Your comments.

We hope you find this City Portrait useful.

All the facts were checked and double-checked before printing, but errors can still occur. If you find that any of the addresses or telephone numbers are incorrect, or hotels or restaurants of an unacceptable standard, or want to suggest additional facts to be included in the next edition, please write to:

The Editor,
SAS City Portraits,
SAS Scandinavian Airlines (STOSZ),
S-161 87 Bromma, Sweden.

Nairobi city portrait Contents

Publication date: September, 1985. 13th edition.

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Before you go

Passport and visa.

Valid passport required. A few foreign citizens must have a current visa. These documents have to be shown when checking in for your flight to Kenya. An immigration card and foreign currency declaration form are handed out onboard your SAS plane before arrival.

Warning: Passengers entering Kenya from the Republic of South Africa must hold visa for Kenya issued by the Immigration Authorities in Nairobi. Passengers arriving from any country will be refused entry if holding passport with South African stamp.

Health regulations.

Vaccination against yellow fever is required if arriving in Kenya from abroad within 6 days after leaving or transiting endemic areas outside Kenya and is recommended for all travelers. Also recommended: vaccination against typhoid and paratyphoid – Malaria prophylaxis. Malaria risk exists all year in most of Kenya.

Duty-free allowances.

For passengers 16 years or older: ½ lb (500 grams) tobacco or 200 cigarettes or 50 cigars; 1 bottle of alcoholic beverage, 1 pint (½ liter) perfume. Firearms and ammunition require a police permit.

Restricted Import. Prohibited are: Fruit, plants and seeds, imitation firearms, children's toy pistols, etc.

Confiscation of goods.

Many species of wild animals and plants are threatened by exploitation or in danger of extinction. Trade in these species and products made of them (ivory carvings, crocodile handbags, skins, etc.) is forbidden or strictly regulated through the Convention of International Trade in Endangered Species of Wild Fauna and Flora (CITES).

By buying such things you may be threatening the survival of certain animal and plant species, and carrying them across international borders without special permits infringes the law.

If you are unsure whether trade in a particular animal/plant species or product is permitted or not, contact the CITES Management Authority locally.

Special airport facilities.

A lift for persons with handicaps is located just beyond immigration control. Wheelchairs should be ordered in advance when booking. On arrival, an attendant will meet the flight with the wheelchair.

Currency.

The monetary unit is the Kenya shilling (Kshs in this booklet, official international code KES), divided into 100 cents. Money

may be changed at the bank in the arrival hall at Jomo Kenyatta Airport, at other banks or at your hotel. Remember to have your passport and currency declaration slip on hand whenever changing money.

American Express credit cards are widely accepted. Other major cards are gaining in popularity.

Climate and clothing.

Due to Nairobi's geographical location near the Equator, there is little distinction between the seasons. The climate is healthy and agreeable and there is plenty of clear sunshine all year round. January, February and March are the warmest and driest months of the year. The period of heavy rainfall known as the "long rains" begins in April and usually continues until end of May or early June. The long rains are followed by a cooler season from June until end of August, with September and October sunny and dry. The period of light rainfall known as the "short rains" takes place in November and the first part of December. The temperature, however, is never unbearable. It rarely rises above 27°C (81°F) in the middle of the day and is usually about 10°C (50°F) in the early morning. Clothing presents few problems to the visitor to Nairobi or the Highlands.

Lightweight suits and cotton dresses are usual dress in Nairobi throughout the year, with slightly warmer clothing for the evenings during June–August.

Laundry and dry cleaning services are reasonably good and your hotel staff will make the necessary arrangements for you.

Official holidays.

Shops and offices are closed on the following official holidays.

| | |
|----------------------|--------------------------------|
| January 1 | New Year's Day. |
| March/April | Good Friday. Easter Monday. |
| May 1 | Labour Day. |
| June 1 | Maderaka Day. |
| June 17–18 (approx.) | Idd-ul-Fitr. |
| October 20 | Kenyatta Day. |
| December 12 | Independence Day. |
| December 25 | Christmas Day. |
| December 26 | Boxing Day. |



Kenya for the business visitor

BASIC DATA

Land Area: 582,644 sq.km. About 20 per cent is cultivated.

Population: 18.8 mn (Mid-1983).

Currency: Kenya Shilling = 100 cents. Also used: Kenya pound (K£) = 20 Kshs. Exchange rate, October 1985: US\$1 = Shillings 16.6682.

Language: Official languages are Swahili and English. Other languages in use include Kikuyu and Luo.

Measures: Metric.

Time: 3 hours ahead of GMT.

GNP per head: (1983) US\$295.

Government: One party state ruled by Kenya Africa National Union.

Member of: UN, Organisation of African Unity.

General introduction.

The Republic of Kenya is in east central Africa: to the north are Sudan and Ethiopia, to the west Uganda, to the south-west and south Tanzania and to the east, Somalia and the Indian Ocean. The Great Rift Valley, the country's principal physical feature, crosses the country from north to south. Only about one fifth of the land area is arable, most of it being in the western highlands. The equator runs through the heart of Kenya, two thirds of which consists of arid or semi-desert country. The coastal strip is hot and humid.

Agriculture is the chief sector of the economy and is estimated to support more than 80 per cent of the population. There is a fierce shortage of good arable land which creates a problem, made worse by the fact that Kenya has one of the fastest annual population growth rates in the world (about 4 per cent). The principal cash crop is coffee, over half of which is produced by members of small farming co-operatives. Tea production and exports are important – Kenya is the fourth largest tea exporter in the world. Sugar, cotton, fruit and vegetables are all exported, as is pyrethrum, extracted from flowers for use as an insecticide. The potential mineral wealth has not been fully exploited: soda ash and fluorspar are sources of foreign earnings and other minerals which are being actively sought are nickel, copper, gold and chromite.

Since the coffee boom in the mid 1970s the Kenyan economy's rate of growth has fallen from 9.5 per cent in 1977 to 3.7 per cent in 1983 and about 3.9 per cent in 1984. The cost of fuel imports is a contributory factor here, for Kenya relies on outside sources for around three quarters of its total energy requirements. The government has had some success in its drive to reduce oil imports, but these are still very high. The refinery at Mombasa sells some of its refined products to neighboring countries.

Unemployment is a severe problem: in 1984 the labor force was nearly 7.5 mn, while 'recognized' paying jobs only amounted to about 1 mn.

Inflation spiralled in the late 1970s and early 1980s, largely because of the increased costs of imported fuel and food, and reached an annual rate of 20 per cent by 1982. Since then it has slowed down to about half that figure and the government's aim in the period of the current Economic Plan (1984–88) is to reduce the annual rate of inflation to around 6 per cent.

Kenya's external trading and balance of payments position improved substantially in 1983. Booming tea and coffee prices helped to produce the lowest trade deficit for four years, but the estimated figures for 1984 show that the gap widened again in that year. The deficit on the balance of payment's current account was cut by more than half between 1982 and 1983, largely owing to surpluses earned by travel, freight, transport and other services.

Forecast. The severe drought of 1984 dealt a blow to the Kenyan economy, but given a good rainy season, and the necessary foreign aid, it should start to recover by the end of 1985.

Kenya as a market.

Kenya has the most industrialized economy in East Africa with a range of well established industries including textiles, chemicals, tyre manufacture, paper, vehicle assembly and food and tobacco processing. There is an important oil refinery at Mombasa processing over 4 mn tonnes of crude oil per year. But most industries are operating below full capacity because of difficulties over imports of raw materials and spare parts, which are due to a shortage of foreign exchange. Industrialization efforts are largely concentrated on producing intermediate capital goods rather than consumer items.

The state-owned Kenya National Trading Corporation has a monopoly over imports of a wide range of items including fertilizers, bicycles and parts, ironmongery, and various foodstuffs such as rice, sugar, vegetable oils etc. State Marketing Boards also control a number of agricultural imports.

The economy is based on a system of free enterprise and this has attracted a substantial amount of foreign investment: some 50 per cent of the manufacturing sector is foreign owned, but the rate of new investment is low. Investment is encouraged in export-oriented industries and those situated away from the main industrial centers of Nairobi and Mombasa.

There is a good transport infrastructure which is the subject of considerable modernization schemes. Tourism is a very important source of foreign exchange: revenue in 1983 totalled about Kshs 2,440 mn from more than 350,000 visitors.

Banking and finance is well-developed: in 1984 there were 24 commercial banks and 36 other financial institutions.

Nairobi is the capital city of Kenya, the seat of government and the most important commercial center. It is also the largest city in East Africa, and the center of the country's road and rail network. Communications are good and the international airport is about 15 minutes from the city center.

There is an active *Stock Exchange* in Nairobi, which is the seat of the country's major trading development corporations; a large number of *foreign firms* have their headquarters here. The *Kenyatta Conference Center* is the largest and best-equipped in Africa and can seat up to 4,000 delegates in its main hall.

Kenya's first *inland container depot* is being developed at Embakasi on the outskirts of Nairobi, designed to handle 80,000 TEUs a year over its first five years of operation and relieve the pressures on Mombasa. The *Nairobi National Park* is only 8 km (5 miles) from the city center, and the *Nakuru Farming Center* 160 km (100 miles) away.

Main commodities traded - Exports.

| (K£ mn) | 1982 | 1983 |
|--------------------------|-------|-------|
| Coffee | 144.6 | 160.1 |
| Tea | 77.6 | 123.4 |
| Petroleum Products | 141.7 | 118.3 |
| Cement | 19.3 | 24.3 |
| Canned Pineapple | 14.5 | 20.9 |
| Sisal | 10.9 | 12.1 |
| Pyrethrum Extract | 9.6 | 8.9 |
| Soda Ash | 7.7 | 7.3 |
| Hides and Skins | 7.9 | 6.3 |
| Meat and Products | 4.5 | 4.0 |
| Total incl. other | 550.3 | 637.2 |

Main commodities traded - Imports.

| (K£ mn) | 1982 | 1983 |
|---|-------|-------|
| Crude Petroleum | 299.8 | 289.5 |
| Industrial Machinery | 149.6 | 137.5 |
| Iron and Steel | 40.7 | 49.2 |
| Motor Vehicles and Chassis | 38.6 | 32.0 |
| Fertilizers | 15.6 | 25.1 |
| Pharmaceuticals | 18.4 | 19.6 |
| Paper and Paper Products | 12.0 | 11.9 |
| Agricultural Machinery and Tractors ... | 11.1 | 6.4 |
| Synthetic Fabrics | 1.6 | 2.3 |
| Cotton Fabrics | 0.1 | 0.2 |
| Total incl. other | 900.3 | 925.4 |

Trend of foreign trade 1979-1983.

| (K£ mn) | 1979 | 1980 | 1981 | 1982 | 1983 |
|------------|--------|--------|--------|--------|--------|
| Exports | 393.7 | 500.2 | 521.4 | 550.3 | 637.2 |
| Re-exports | 19.1 | 15.5 | 15.8 | 18.3 | 11.9 |
| Imports | 620.2 | 959.4 | 932.4 | 900.3 | 925.4 |
| Balance | -207.4 | -443.3 | -395.2 | -331.7 | -276.3 |

Main trading partners. (% of total value).

| | Exports to: a) | | Imports from: | |
|----------------------------|----------------|------|---------------|------|
| | 1982 | 1983 | 1982 | 1983 |
| UK | 12.7 | 14.8 | 14.3 | 13.5 |
| Fed. Rep. Germany | 10.7 | 13.1 | 8.0 | 7.6 |
| Uganda | 10.3 | 10.6 | | |
| USA | 6.2 | 6.0 | | |
| Netherlands | 4.9 | 5.0 | | |
| Italy | 2.7 | 2.3 | | |
| United Arab Emirates | | | 9.3 | 12.0 |
| Saudi Arabia | | | 14.9 | 9.5 |
| Japan | | | 7.4 | 9.3 |
| EEC | 34.7 | 39.2 | 32.0 | 31.9 |
| Middle East | | | 35.2 | 32.1 |

a) Includes re-exports.

HINTS FOR THE FIRST-TIME BUSINESS VISITOR.

Mr., Miss or Ms.

When doing business with Kenyans it is customary to introduce yourself with your full name and shake hands. Also exchange business cards. Surnames are most commonly used. When engaging in serious business negotiations a suit and tie should be worn, particularly when dealing with government officials.

Business lunches and dinners are usually held at a restaurant or club, very seldom at home. Punctuality is very slack in Kenya and you may expect to be kept waiting, so be patient. Lunch dates are normally on time since most businesses close between 12.30 and 14.00 hrs.

Remember, there are no street or house numbers. Addresses are located by the name of the building, e.g. International House, HFCK building, etc. Mailing addresses are always a box number.

Useful business contacts.

Department of External Trade,
Ministry of Commerce and Industry,
Co-operative House,
Haile Selassie Avenue,
Nairobi (P.O. Box 43137).
Tel. 26013-4-6, 25463.
Telegrams: KENEXTRADE. Telex: 22468-KETA.
The above department issues a yearbook called "Kenya Export Directory".



Worth knowing

At-a-glance information you might find useful:

Emergencies.

Ambulance, Fire, Police: Dial 999.

Medical and dental service: Nairobi Hospital, tel. 72 21 60 (treatment must be paid cash).

Banks.

Banking hours are 09.00 to 14.00 hrs. weekdays. The first and last Saturday of the month banks are open from 09.00–13.00 hrs.

Note: The only bank to accept Danish Currency is Barclays at Kenyatta Avenue.

Business hours.

Normal shopping hours are from 08.30 to 17.30 hrs. Most offices are open Monday to Friday from 08.30 to 16.00 hrs. and closed for lunch from 12.30 to 14.00 hrs. Some shops close during the lunch hour but not normally food stores. These will also be open all day Saturday and Sunday mornings. The city Market is open Monday–Saturday from 08.00 to 17.00 hrs. and Sundays from 09.00 to 12.00 hrs.

Car rental.

There is a wide selection of car hire companies. Most tour operators also rent cars. Please note it is advisable to have a well-known credit card when renting a car, otherwise you will be required to make a substantial deposit. You should have an International Driver's Licence but normally get by with your national licence.

A few of the many companies who will rent you a car are: Avis (G6), Kenyatta Avenue, tel. 33 67 03 and 82 21 86 (airport); Hertz (H7), Muindi Mbingu Street, tel. 33 19 60 and 82 23 39 (airport), 33 54 22 (Norfolk Hotel – F3), 33 19 60 (New Stanley Hotel – H6); Cross Ways Car Hire Tours & Travel (G6), Banda Street, tel. 20 848; Coast Car Hire (H6), New Stanley Hotel, Standard Street, tel. 20 365; Concorde Car Hire, St. Austin's Road, Westlands, tel. 74 30 11; Rhino Safari's Ltd. (I6), Nairobi Hilton, City Hall Way, tel. 28 102; U.T.C. Safaritrails (H7), Muindi Mbingu Street, tel. 33 19 60; Abercrombie and Kent Ltd., Mama Ngina Street, tel. 33 49 55; Big Five Tours and Safaris, Kenyatta Avenue, tel. 29 803; Flamingo Tours and Travel Ltd., Hilton Hotel, City Hall Way, tel. 27 927.

Communications.

Telegram and telex: Telegrams can be ordered by telephone subscribers through the Phonogram Service by dialling 90 or 990 or at manual exchanges by asking for Phonograms. Telexes can be sent from the main post office on Kenyatta Avenue (G7).

Post offices are open weekdays from 08.30 to 17.00 hrs. and Saturdays 09.00 to 12.00 hrs. but for trunk calls and telegrams/telex there is a 24-hour service.

Telephone: Some areas can be direct dialled using the appropriate area code, others do not have an automatic exchange and must therefore be reached through the operator (dial 900). Public pay phones are operated by 50 cent and 1 Kshs coins.

Credit cards

American Express is widely accepted but other major cards are gaining in popularity, so do not hesitate to ask.

Electrical current.

The voltage in Nairobi is A.C. 220–240 V. An extra plug with various pin types is usually plugged in the outlet.

Lost property.

Contact nearest police station.

Newspapers and magazines.

There are three English-language Kenyan newspapers: The Standard, The Nation and Kenya Times. Most English newspapers and international news magazines can be bought at major hotels and at newsagents.

Pharmacies.

Are located in or close to major hotels. They are also listed in the classified telephone directory (Yellow pages).

Religious services.

Anglican: All Saints' Cathedral (F7), Kenyatta Avenue.

Baptist: Baptist Church (off map), Ngong Road/Green Lane.

Catholic: Roman Catholic Church (G8), Parliament Road.

Jewish: Jewish Synagogue (E5), Vermont Hall, University Way.

Presbyterian: St. Andrew's Church (off map), Kirk Road.

Muslim: Jamia Mosque (G6), Banda Street.

Nondenominational: Nairobi Chapel (off map), Protectorate Road.

Time difference.

Kenyan time is three hours ahead of GMT.

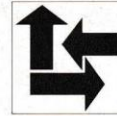
Tipping.

Some hotels charge for service and it is customary to add a tip for personal service rendered. Bartenders do not expect tips, but for service at the table a tip of 10% is considered reasonable.

Transportation.

You may order a self-drive car for use on arrival. Roads are generally of good standard, the main roads are paved and secondary roads are passable all year except in abnormally heavy periods of rain (see "Climate"). Remember, by the way, you drive on the left-hand side! Train services are excellent on the main lines.

Sleepers and dining cars are available and the first class coaches are comfortable. Use of local buses is not recommended. Domestic air services operate from Jomo Kenyatta Airport. For local travel it is always possible to hire a chauffeur-driven or self-drive car. For details contact the SAS Office.



Airport guide

Name: Jomo Kenyatta Airport.

Location: 17 km (10½ miles) east of the city center.

Your arrival in Nairobi.

SAS staff will be available at Jomo Kenyatta Airport to assist you through the passport and customs controls and will help you with any problems. You may change money at the bank at the airport or in the city, and most hotels will accept traveler's cheques.

Airport transportation.

There is a bus service between the airport and Kenya Airways town office (F5/6) Sadler House, Koinanga Street, Nairobi. Fare: Kshs 40. A taxi between the airport and downtown will cost around Kshs 180.

Facilities at the airport.

Banks. Located in the arrival area and on the ground floor in the departure area.

Post and telegraph. In the arrival hall.

Car rental and hotel reservations. In the arrival hall beyond customs clearance.

Shops. There is a shopping arcade and duty free shops in the transit/departure lounge. Goods purchased here must be paid for in US\$ or other freely convertible foreign currency. Payment is not accepted in Kshs.

Business Class Lounge. SAS Business Class passengers are welcome to use the joint SAS/Swissair/KLM Business Class Lounge in the transit area to the left of Gate No. 4.

Airport tax.

When departing Kenya by air you must pay an airport tax of US\$10 (not payable in Kshs).



A place to stay

Hotels.

A number of good hotels are available in and around Nairobi. Advance reservation of accommodation is recommended. In this respect you should contact your travel agent or SAS. Either can offer you detailed information and assistance in obtaining reservations. Should you arrive unaccommodated, however, the local SAS Office will do their best to help you.

De luxe class

Lilian Towers (F4)
Mount Kenya Safari Club.
University Way,
P.O. Box 43564.
Tel. 33 06 21.

Nairobi Hilton (I6)
Moi Avenue,
P.O. Box 30624.
Tel. 33 40 00.

Nairobi Inter-Continental (G8)
City Hall Way/Uhuru Highway,
P.O. Box 30667.
Tel. 33 55 50.

Norfolk (F3)
Harry Thuku Road,
P.O. Box 40064.
Tel. 33 54 22.

First class

New Stanley (H6)
Kenyatta Avenue,
P.O. Box 30680.
Tel. 33 32 33.

Serena Hotel (E8)
Kenyatta Avenue,
P.O. Box 46302.
Tel. 33 79 79.

*Utalii Hotel** (off map)
Thika Road,
P.O. Box 27052.
Tel. 80 20 88.

The rates for hotels in the de luxe category are Kshs 600–900 for a single with bath and Kshs 1,000–1,200 for a double with bath. First class category Kshs 500–700 for a single and Kshs 700–900 double. Tourist hotels charge Kshs 300–500 for a single and Kshs 400–700 double. These prices are for accommodation only and include a 10% service charge, 15% government tax and 2.5% training levy.

Tourist class

Ambassadeur (I6)
Moi Avenue,
P.O. Box 30399.
Tel. 33 68 03.

Boulevard Hotel (E3)
Harry Thuku Road,
P.O. Box 42831.
Tel. 27567.

Excelsior Hotel (G6)
Kenyatta Avenue.
P.O. Box 49584.
Tel. 26481.

Milimani Hotel (B7)
Milimani Road,
P.O. Box 30715.
Tel. 29 461.

Panafric (D8)
Kenyatta Avenue,
P.O. Box 30486.
Tel. 72 08 22.

*Safari Park Hotel** (off map)
Thika Road,
P.O. Box 40288.
Tel. 80 23 11.

Sixeighty Hotel (G7)
Kenyatta Avenue,
P.O. Box 43436.
Tel. 33 26 80.

* Both hotels are 10–13 km (6–8 miles) from Nairobi, but transport is provided to and from city at regular intervals at nominal charge.

Mombasa.

There is a wide range of hotels to choose from at the coast. The south coast is regarded as the favorite and as having the best beaches. For business persons and those wanting to be close to town, the north coast is preferable.

Rates are very similar to those in Nairobi but they do specify on a Bed and Breakfast, Half Board or Full Board basis.

SOUTH COAST.

De luxe class

Diani Reef Hotel
Diani Beach,
P.O. Box 35, Ukunda.
Tel. 2175.

Golden Beach Hotel
Diani Beach,
P.O. Box 31, Ukunda,
Tel. 2054/8.

First class

Africana Sea Lodge & Jardini Beach Hotel
Diani Beach,
P.O. Box 84616, Mombasa.
Tel. 2021/5.

Diani Sea Lodge
Diani Beach,
P.O. Box 37, Ukunda.

Leopard Beach Hotel
Diani Beach,
P.O. Box 34 Ukunda.
Tel. 2110.

Two Fishes Hotel
Diani Beach,
P.O. Box Ukunda.
Tel. 2037.

Trade Winds Hotel
Diani Beach,
P.O. Box Ukunda.
Tel. 2016.

Tourist class

Leisure Lodge
Diani Beach,
P.O. Box 84383, Mombasa.
Tel. 2011.

NORTH COAST.

First class

Mombasa Beach Hotel
Nyali Estate,
P.O. Box 90414, Mombasa.
Tel. 47 18 61.

Nyali Beach Hotel
Nyali,
P.O. Box 90581, Mombasa.
Tel. 47 15 51/67.

Reef Hotel
Mwamba Drive Nyali,
P.O. Box 82234, Mombasa.
Tel. 47 17 71.

Serena Beach Hotel
Shanzu,
P.O. Box 90352, Mombasa.
Tel. 48 57 21-24.

Severin Sea Lodge
Bamburi Beach,
P.O. Box 82169, Mombasa.
Tel. 48 50 01-5.

Whitesands Beach Hotel
Malindi Road,
P.O. Box 90173, Mombasa.
Tel. 48 59 26.

MOMBASA TOWN.

First class

Castle Hotel
Moi Avenue,
P.O. Box 84231, Mombasa.
Tel. 23 403.

Tourist class

Outrigger Hotel (on the sea)
Ras Liwatoni,
P.O. Box 82345, Mombasa.
Tel. 20 822/3

The Manor Hotel
Nyerere Avenue,
P.O. Box 84851, Mombasa.
Tel. 21 821/2.






Code numbers in this booklet refer to the above map. Thus (H6) is located where lines drawn from "H" and "6" cross each other.

Interesting sights in Nairobi.

- (E1) The National Museum and Snake Park.
- (E4) University College.
- (G6) The Municipal Market and the African Curio Market.
- (I6) The Art Gallery.
- (H6) Jamia Mosque.
- (H6) McMillan Library.
- (H10) Railway Museum.
- (off map) Nairobi National Park.

Useful addresses.

-  **SAS Office:**
Grindlays Building,
Corner Kenyatta Avenue/Kimathi Street (H6), tel. 33 83 47.
Open hours: 08.30 to 12.30 and 14.00 to 17.00 hrs.
Saturdays 08.30 to 12.30 hrs.
-  **Tourist Information Bureau:**
Junction of Mama Ngina Street and Moi Avenue (I6), tel. 23 285.
Open hours: 08.30 to 12.45 and 14.00 to 16.30 hrs.
-  **Air Terminal:**
Kenya Airways town office (F6), Sadler House, Koinanga Street.
Distance from city center to airport: 17 km (10.5 miles)



Eating out

Restaurants.

Restaurants in Nairobi offer a tempting variety of food with both international and oriental cuisine. Kenya fish dishes are first-rate and in a number of restaurants you will find that lobster is a speciality.

Meal charges vary according to the standard of the restaurants. If you are breakfasting in a restaurant other than that in your hotel expect a bill of Kshs. 50-70, lunch 80-100, and dinner from 80-200. Most restaurants offer à la carte meals, and there are several snack bars serving meals at reasonable prices.

African Heritage (G6)

Banda Street.
Tel. 28 045.
Typical Kenyan. A cozy garden terrace for lunches.

Alan Bobbe's Bistro (F5)

Koinange Street.
Tel. 21 152.
French, Nouvelle Cuisine.

Amboseli Grill (I6)

Nairobi Hilton,
Government Road.
Tel. 33 40 00.
Dancing nightly (except Sundays).

Carnivore (off map)

Langata Road.
Tel. 50 17 75.
20 different grilled meats served at your table. Cozy atmosphere. Simply a "must".

Le Chateau (G8)

Hotel Inter-Continental,
City Hall Way/Uhuru Highway.
Tel. 33 55 50.
Dancing nightly.

Horseman (off map)

Karen Shopping Centre.
Tel. 88 20 33.
High-class romantic restaurant, international cuisine.

Ibis Grill (F3)

Norfolk Hotel,
Harry Thuku Road.
Tel. 33 54 22.
High-class restaurant.

International Casino (D1)

Salisbury Road.
Tel. 74 26 00.
Dancing, floorshow.

Lavarini's (I6)

Moi Avenue.
Tel. 20 359.
Italian restaurant.

Le Jardin De Paris (F5)

French Cultural Centre,
Monrovia Street.
Tel. 33 64 35.
Cozy French restaurant.

The Lobster Pot (I6)

Cabral Street.
Tel. 33 11 89.
Seafood.

The Lord Dellamere (F3)

Norfolk Hotel,
Harry Thuku Road.
Tel. 33 54 22.
Terrace restaurant, relaxed atmosphere, very popular.

Mandarin (J6)

Tom Mboya Street.
Tel. 20 600.
Chinese restaurant.

Marino's (I7)

International House,
Mama Ngina Street.
Tel. 27 150.
Italian food.

Minar (H6)

Banda Street. Tel. 29 999.
High-class Indian food.

New Simba Grill (D8)

Panafric Hotel,
Kenyatta Avenue.
Tel. 72 08 22.
Dancing nightly.

Orchid Grill (E8)

Serena Hotel,
Kenyatta Avenue.
Tel. 33 79 79.

El Patio (I8)

Taifa Road.
Tel. 34 01 14.
Spanish restaurant.

Red Bull (I7)

Mama Ngina Street.
Tel. 33 57 17.
Very popular lunch restaurant for businessmen. Dinner, too.

Red Bull Paddock (H6)

Kenyatta Avenue.
Tel. 27 140.
Middle Eastern cuisine.

Safeer (I6)

Ambassadeur Hotel,
Tom Mboya Street.
Tel. 33 68 03.
Indian food.

Mombasa.

Even though all beach hotels have their own restaurants and you may be on either half or full board, you might like to try something different. Here are a few suggestions.

Ali Barbour's

Diani Beach.
Tel. Diani 2163.
(Evenings only, closed Sundays).
Dine under the stars in a unique cave restaurant.
International cuisine, specialized in seafood.

Capri

Ambalal House,
Nkurumah Road.
Tel. 31 11 56.

Fishermen's Grill

Bamburi Beach Hotel.
Tel. 48 56 11-13.
Seafoods and grills.

Galaxy Restaurant

Arch Bishop Makarios Road
off Moi Avenue.
Tel. 31 12 56.
Chinese restaurant.

Hong Kong Restaurant

Moi Avenue.
Tel. 26 707.
Chinese cuisine.

Lebany Restaurant

& Coral Grill
Both at Oceanic Hotel.
Tel. 31 11 91.

Taicoon (I6)

Moi Avenue.
Tel. 21 660.
Chinese haute cuisine.

Tamarind (J8)

Harambee Avenue.
Tel. 33 89 59.
High quality seafood.

Tower Restaurant (I8)

Kenyatta Conference Center,
Harambee Avenue.
Tel. 33 23 83.
Revolving, with panorama over Nairobi.

Trattoria (H6)

Wabera Street.
Tel. 34 08 55.
Popular Italian restaurant.

Makaa Grill

Jardini Beach Hotel,
Diani Beach.
Call Diani 2021-5 for reservation and free transfer from all South Coast Hotels. Specializing in charcoal grilled seafoods.

Maxim's Cellar

Mombasa Beach Hotel,
North Coast.
Tel. 47 18 61.
Very elegant.

Nomad Seafood Restaurant

Diani Beach.
Tel. Diani 2155.

Le Pichet

Kikambala, Mtwaapa Creek.
Tel. 48 59 27.
French cuisine.

Singh Restaurant

Mwembe Tayari Road.
Tel. 31 49 70.
Indian food.

Tamarind

Nyali.
Tel. 47 17 47.
Seafood.

Swahili Curry Bowl

Tanbana Road.
Tel. 31 10 84.
Swahili cooking.



At leisure in Nairobi

Nairobi profile.

Nairobi, the capital of Kenya and Seat of Government, is the commercial and cultural hub of East Africa as well as being the major traffic center.

A little more than eighty years ago, Nairobi came into being as a tiny station on the newly-built Uganda Railway. Today, with its first class hotels, modern buildings and flower-bordered boulevards, it is one of the most beautiful cities in Africa.

160 km (100 miles) south of the Equator at an altitude of over 1,500 m (5,000 ft.), Nairobi has a pleasant semi-tropical climate. The uniqueness of Nairobi is its location only a short distance from the real Africa: the Africa of magnificent scenery, fascinating peoples and, above all, wildlife. Slightly further afield, but easily accessible, are mountains, lakes, picturesque historical towns and a coastline of unsurpassable beauty.

On Nairobi's doorstep is the famous Nairobi National Park, where lion, giraffe, hippo and many other species of game can be seen living in complete freedom in natural surroundings.

Organized tours make it possible for the visitor to enjoy all the principal sights of Kenya in complete comfort. The sportsman and adventurer have plenty of opportunities for safaris, mountaineering or fishing and for the photographer, this colorful land astride the Equator is simply a paradise. (Make sure you bring enough films along as they are quite expensive in Kenya).

AFTER HOURS.

Entertainment and night life.

A relatively young city, Nairobi has not yet the abundance of varied entertainment which is found in Europe and America. However, dancing is available nightly in many hotels and restaurants. (See lists on pages 14 and 18). Some of the private clubs welcome overseas visitors, and we advise you to enquire at the Tourist Information Bureau about temporary membership.

The International Casino (D1), Nairobi, the latest addition to Nairobi's night life, offers dining, dancing and a floorshow. In the Gaming Room you can try your luck at Roulette, Baccarat, Blackjack, Craps and Punta Y Banco. Open daily from 19.30 hrs.

The Donovan Maule Theatre Club (H9) has achieved fame through the services of professional London actors, and visitors may become temporary members of the club (tel. 22300). The Kenya National Theatre (E3) is used for both amateur and professional shows of a high standard, and day-to-day programs are published in the local newspapers.

Cinemas include the Kenya (J7), the Nairobi Cinema (J7) and the Twentieth Century (H7) showing European and American films, and a number of other cinemas which show mainly Indian films.

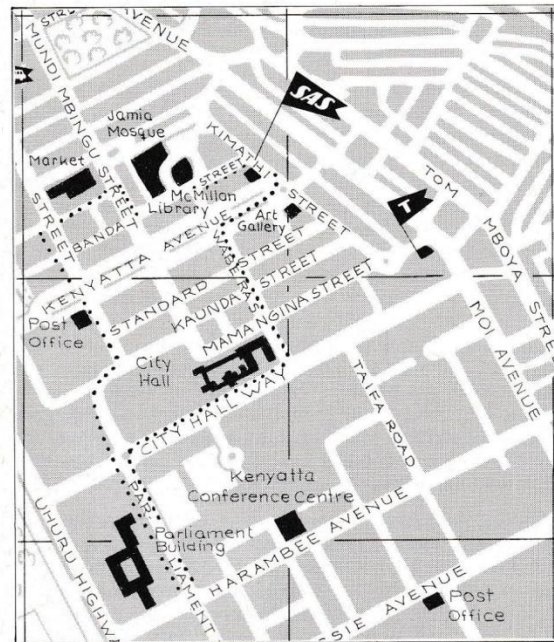
There are two drive-in cinemas, the Belle-Vue (off map) which is 8 km (5 miles) along the Airport Road, and the Drive-In, 10 km (6 miles) from Nairobi on the Thika Road. The cinema programs are all advertised daily in the local press.

A word of advice: Do not walk the streets after dark and avoid walking through narrow lanes at any time.

LOOKING AROUND.

One hour's walk around Nairobi.

Start from the SAS Office in Kimathi Street. Turn right into Kenyatta Avenue, continuing to Wabera Street. Cross the Avenue and walk up Wabera Street to City Hall Way. Here make a turn to the right and keep walking to Parliament Road, passing the Law Courts on the left and the City Hall on the right. Turn left at Parliament Road and stroll as far as the Parliament Buildings. Then return to the end of Parliament Road, bearing right and then left into Koinange Street with the Galton Fenzi Memorial on your right. Proceed across tree-lined Kenyatta Avenue into Market Street where you may browse the African Curio Market. Pass through the market to Muindi Mbingu Street and into Banda Street, passing the Jamia Mosque on the left and the McMillan Library. Continue along Banda Street to Kimathi Street, turn right and you are back at the SAS Office.



Sights.

Nairobi is, above all, an excellent excursion base. Although we have marked a few places of interest on the map of the city itself, the chief attractions are, of course, the trips, tours and breathtaking safaris which start from Nairobi.

NOTE that photographing the President, military and police is prohibited.

The National Museum (E1). Of recognized importance is the Museum's collection of prehistoric and African tribal lore, which includes an extensive representation of East African flora and fauna. A visit to the Museum makes a fine and informative start for the Kenya visitor. It is open daily from 09.00 to 18.00 hrs. including Sundays. There is also an excellent Snake Park attached to the Museum, the visiting hours being the same as for the Museum. Admission charge.

University College (E4). This is the first University College in Kenya, and it is attended by students of all races. There are some fine college buildings, which are well worth seeing, and for the out-of-town students there are modern halls of residence set in beautiful surroundings.

The Municipal Market (G6). Here are multicolored flowers, a variety of vegetables, peaches, strawberries, pineapples, mangoes, avocado pears and other exotic, tropical fruit all on show in the great hall.

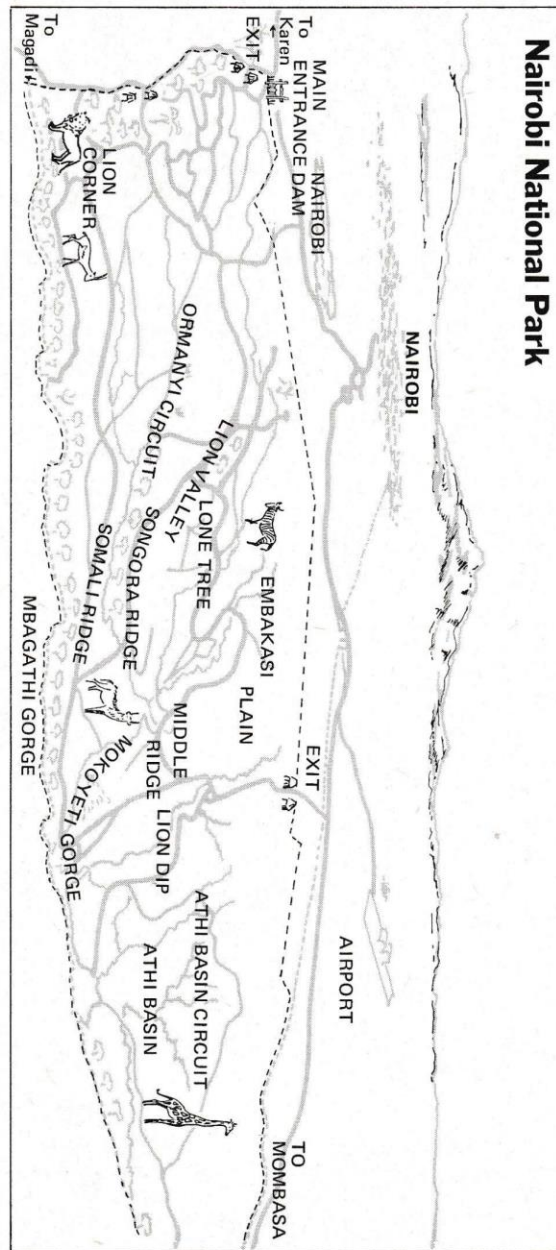
The African Section of the Municipal Market consists of the African handicrafts and the basket-work sellers. This section lies at the back of the main Municipal Market.

Nairobi National Park (see map on page 23). Only 8 km (5 miles) from the city lies one of Kenya's National Parks. No other city in the world possesses such a unique attraction on its very doorstep – a fine, natural game sanctuary with a wide variety of wild animals free to lead their own lives. The lions, perhaps, attract the majority of visitors, but you will also find gazelles, giraffes, hippopotamuses, crocodiles and monkeys, just to mention a few. 104 km² (40 square miles) in extent, Nairobi National Park is the smallest park in Kenya.

It is open from dawn to dusk, and while the most convenient time for a visit is in the afternoon from 15.00 to 19.00 hrs., the real enthusiast would probably prefer to go in the morning between 07.00 and 09.00 hrs., when few people are about and more animals may be seen. Photography fans will find, that the morning light is especially good. The Park may be visited all the year round, although during the rainy seasons of April/May and November/December travel on some of the roads is restricted. Admission: Kshs. 30 per person; per child 5; plus 25 for car.

Railway Museum (H10). At the corner of Uhuru Highway and Haile Selassie Avenue, this features a variety of historical exhibits on the construction, development and daily running of the railways in Kenya. Steam locomotives, coaches and other rolling stock are displayed outside the museum hall. Open weekdays 08.30–16.00 hrs., Saturdays 08.30–13.00 hrs.

Nairobi National Park



Bomas of Kenya. Kenya's cultural center is 1 km (0.6 miles) up the Langata Road from the Nairobi National Park. In the main auditorium, displays of traditional dancing are given daily by the Harambee Dancers, the country's only professional troupe. Cultural villages representative of Kenya's sixteen main ethnic groups are also displayed, and guided tours are offered of the tribal villages located in the forest.

Excursions.

"Safari" is the Swahili word for travel, and any travel outside the city boundary is termed "a safari". The visitor will soon come to know the expression "on safari".

There are many types of safaris, all of which are catered for by the travel agents in Nairobi. Charges vary with the type of safari and also depend on the number of people in the group.

It is, however, possible to hire a car and go off on your own safari. There are many interesting places within easy reach of Nairobi. Other spots, further afield, will necessitate booking accommodation and taking special clothing, etc. The visitor would be well advised to obtain the guidance of the Tourist Bureau or a travel agent regarding accommodation when planning a longer safari. Bookings should be made well in advance, as accommodation is scarce particularly in the season from July to April.

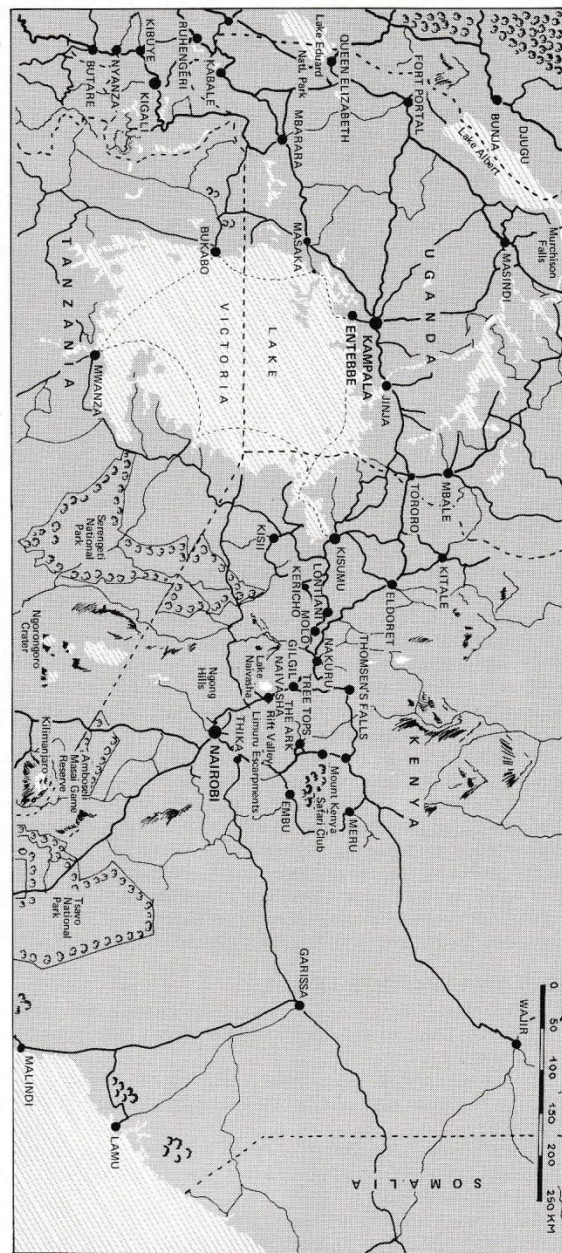
The following are some popular excursions within 160 km (100 miles) of Nairobi:

The Great Rift Valley. This beautiful valley with its extinct volcanoes stretches from the Red Sea through Ethiopia and Kenya to the Indian Ocean at Mozambique. The scenery is fascinating and there is a magnificent view from the Limuru Escarpment along the main road from Nairobi to Nakuru. The road is of tarmac and the distance is approximately 50 km (30 miles).

Crescent Island Wildlife Sanctuary in Lake Naivasha is only 86 km (53 miles) from Nairobi and recognized world-wide as unique. Ornithologist John Williams has recorded 346 bird species on this island. There are also waterbuck, reedbuck, other plains game and those entrancing jumping hares, which leap like kangaroos. Indeed, the island is fast becoming a safety area for many endangered animals of the Rift Valley, except predators. Access through the Marina Club, situated on the South Lake Road just 4 km (2½ miles) from the main Naivasha-Nairobi road turn-off.

Nakuru. This "up-country" town is the center of the Highlands. It is on the main tarmac road and is approximately 160 km (100 miles) from Nairobi. The town is famous for its Bird Sanctuary on Lake Nakuru. This is a soda lake and the home of millions of pink flamingoes. Nakuru is well worth a visit, for on the way you see typical African scenery, pass the Limuru Escarpment and descend into the Rift Valley. You will see the lovely Lake Naivasha and, a short distance from Nakuru, the Menengai Crater.

Ngong Hills. These hills lie to the west of Nairobi at the edge of the Rift Valley and border the Masai Country. The view from the top is magnificent and there is also a road which takes you on a trip around the hills, where you will see Masai tribesmen and their villages. This is, however, a "good weather" road and visitors should not attempt it during the rainy seasons.



The distance from Nairobi to the foot of the Ngong Hills is approximately 32 km (20 miles). The road passes through the village of Karen, named after the late, famous Danish authoress, Baroness Karen Blixen.

Treetops. This is the famous hotel, set high above the ground in the heart of the Aberdare National Park, where you will be surrounded by a variety of interesting animals which remain unaware of your presence.

Bookings for a visit to Treetops can be made in Nairobi through the Treetops Booking Office or any travel agent.

Visits to Treetops commence from the Outspan Hotel in Nyeri, approximately 160 km (100 miles) from Nairobi. From the hotel, safari cars leave with a professional hunter escort to Treetops Hotel, which has all modern facilities. You spend the night here, and having seen a procession of game at the waterhole and the salt lick, you return to the Outspan Hotel the next morning for breakfast.

Meyers Farm. Drive through Kikuyu farmlands, where coffee, maize and pyrethrum are grown, to reach the edge of the Escarpment for a breathtaking panorama of lakes and extinct volcanoes in the Great Rift Valley. Descend the Escarpment to a ranch which houses a Masai Manyatta (village) where you can watch traditional Masai Dances.

The Ark. This luxurious, modern Ark rests on a 2,300 m (7,600 ft.) spur in the Aberdare National Park surrounded by mountains and forest. From the many open, glass-enclosed verandahs you will be able to view a variety of animals such as bushbuck, elephant, buffalo, rhino and forest hog, coming to enjoy the Ark's waterhole or salt lick. The Ark is situated approximately 160 km (100 miles) from Nairobi.

Bookings can be made through any travel agent or directly with the Ark's own booking office in Nairobi.

Mountain Lodge. On the edge of an enchanting glade, deep in the forests of Mount Kenya, this attractive and unusual Lodge is built "tree-house" style. By simulated moonlight or by day with the snow-capped, sacred Mountain as a backdrop, visitors can watch the parade of animals in luxurious comfort. The Lodge is approximately 160 km (100 miles) from Nairobi, situated directly on a traditional elephant migratory route. Elephants are therefore common at the site, but other members of the "big five" can often be seen together with a multitude of smaller forest creatures.

EXPLORING FARTHER AFIELD.

Amboseli Masai Game Reserve. This famous Reserve lies off the main road to Tanzania and is dominated by Africa's highest mountain, Kilimanjaro.

Tsavo National Park. Tsavo is approximately half way to Mombasa on the main road and is famous for its big herds of elephants.

Mount Kenya Safari Club. This American-owned, luxury Safari Club outside Nanyuki is well worth a visit. Guest membership for a day can be obtained.

Samburu Game Reserve lies near the Northern Frontier District in northern Kenya. It has an abundance of wildlife including Grevy zebra and reticulated giraffe.

Masai Mara. Covering 1,800 sq.km (1,118 sq.miles) in the southwest corner of Masailand, here lies Masai Mara with its amazing concentration of wildlife as well as outstanding scenery, traversed by the Mara River. A spectacle to seen at least once in a lifetime is the annual migration (July/August) from bordering Serengeti, of thousands of zebra and wilderbeest. Here you can also enjoy game viewing from the air by joining a balloon safari.

Mombasa, Malindi and Lamu: See Mombasa section on pages 28 to 30.

SHOPPING AND SOUVENIR HUNTING.

The best shops are in the center of Nairobi. The Kamba wood-carvers make very attractive figurines of polished hardwood, and the Kisii sellers will offer you beautiful soapstone vases and chess sets. All of these can be purchased in the streets or from the shops.

The following are some of the shops selling typical local work: The African Curio Shop (H6), City Furriers (H6), The Village (H6), African Heritage (G6), Rowland Ward (E.A.) Ltd. (H7), The Spinn & Weave Shop and the Zanzibar Curio Shop (H5).

NOTE: All dealing in wildlife articles is prohibited.

SPORTS AND PASTIMES.

Kenya offers a wide variety of sports. In Nairobi there is ample opportunity to play tennis and golf, to ride and to swim. Mountaineering is a natural pastime in Kenya. Mombasa (see page 30) in particular is an ideal center for all kinds of water sports – yachting, surfing, swimming and fishing, including deep-sea fishing and underwater fishing.

Horse racing: 8 km (5miles) from the city center is the Ngong Racecourse. This is the attractive setting for horse racing which takes place every Sunday afternoon.

Golf: Karen Country Club, tel. 88 28 01, 88 28 02; Muthaiga Golf Club, tel. 65 214; Royal Nairobi Golf Club, tel. 27 333.

Tennis, squash, swimming, snooker, etc.: Nairobi Gymkhana, tel. 74 98 01; Parklands Sports Club, tel. 74 51 64; Nairobi Club, tel. 23 602. Please note, however, that non-members must be accompanied by a member in order to use the club facilities.



At leisure in Mombasa

Mombasa profile.

Unlike Nairobi, Mombasa is an old town. Its history dates back to the first century. It has been East Africa's most important port for centuries and has made a valuable contribution to trade and commerce in the Indian Ocean. There have been many attempts to dominate the town – by Arabs from Oman and Zanzibar, Portuguese and Englishmen. The word Mombasa is Arabic for "Island of War" which says a great deal about the town's past.

Today Mombasa has two main harbors: The old one where you can still see Arabian Dhows from ancient times and life passing by as it has done for ages, and the new, modern harbor which caters to ocean liners. The Old Town grew up in the north of Mombasa Island, where a creek formed a natural harbor. That part is today a labyrinth of narrow, twisting streets and lanes lined by old buildings with wonderfully carved doors and lintels. Here goldsmiths ply their craft side by side with silk dealers, perfume makers and spice merchants. You can buy genuine carpets, carved wooden chests, a wide variety of brass objects, most of which are brought in by dhow from Zanzibar, India and the Persian Gulf. Mombasa has today 600,000 inhabitants.

Getting to Mombasa.

Mombasa is approximately 480 km (300 miles) from Nairobi. Kenya Airways have regular flights daily (up to six departures/arrivals) landing at Moi Airport located at Chamgamwe on the northwest mainland, about 13 km (8 miles) from the city center.

Two trains leave Nairobi every evening for Mombasa, and vice versa, at 17.00 and 19.00 hrs., arriving at the destination the following morning. 1st class fare is Kshs 340 per person one way, tourist class Kshs 148.

You may also rent a car and drive down the tarmac highway. It will take you about 8 hours but is a beautiful drive passing through Tsavo National Park.

LOOKING AROUND.

Sights and safaris.

You will find that most hotels have a Tour Desk, at which you can arrange your trip.

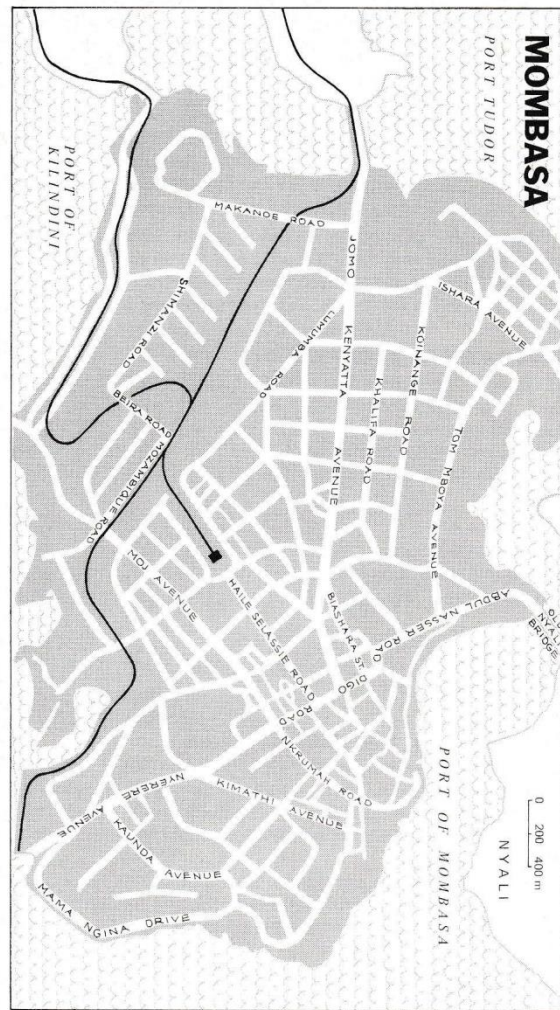
Sights in Mombasa.

The Elephant Tusks, which are the landmark of Mombasa, span Moi Avenue, the main road.

Uhuru Fountain (Uhuru = freedom) was built in 1963, when Kenya gained independence.

Hindu Temples, among them the Jain Swetamber Derawasi Temple which is a beautiful marble edifice.

The Old Town with its narrow streets and splendid Arabian carved, ornamental doors.



The Old Harbor with its Arabian dhows. You will sense that time has stood still here.

The War Memorial at Mwembe Tayari, in memory of the local Kenya troops who served in the Great War 1914–18 and Second World War 1939–45.

Fort Jesus. Built by the Portuguese in 1593 to protect the East African coast, the fort has seen many bloody battles. The most famous was the 33-month long siege, which ended in 1698 with the Oman's capture of the last twelve surviving Portuguese

defenders – just one day before the Goan fleet arrived in relief. It is now a museum. Open daily 09.00 to 18.00 hrs.

Shimba Hills Game Reserve. Situated inland south of Mombasa, Shima Hills at 350 metres (1,150 feet) above sea level offers a beautiful view of the Indian Ocean. The only place in Kenya where the elegant Sable Antelope can be seen.

Dhow Safari (North Coast). Board an old Arab dhow at Mtwapa Creek and sail up the narrow creek and along the coast. Barbecue lunch onboard and entertainment by folk dancers.

Shimori, not far from the Tanzanian border, where the slaves were held in dark and humid caves before being sent off to Zanzibar and elsewhere. A motorized Arab dhow will take you to Warsini Island, built by the Arabs around the same time as Lamu.

EXPLORING FARTHER AFIELD.

Malini and Dedi Ruins. 125 km (78 miles) north of Mombasa. Gedi, an ancient ruined city that was mysteriously abandoned in the 13th century, now overgrown by jungle vegetation. **Malini Marine National Park** 140 km (87 miles). Tour by glass-bottomed boat, visit Birdland, Gimama tribal village and watch traditional dancing.

Lamu. An island north of Malini which can be reached by plane, either from Mombasa or Malindi. Visit the Lamu Museum or walk around this fascinating Swahili town. Or take a swim off the sandy beach at Shela. There are also a few hotels if you wish to over-night.

Tours/Safaris to Tsavo East and West, Amboseli, Taita Hills, Lake Fipe and many other places can also be arranged from both Mombasa and Nairobi.

SHOPPING AND SOUVENIR HUNTING.

Like Nairobi, Mombasa has its own Indian bazar street, Biashara, with a wide variety of articles ranging from spices to silks.

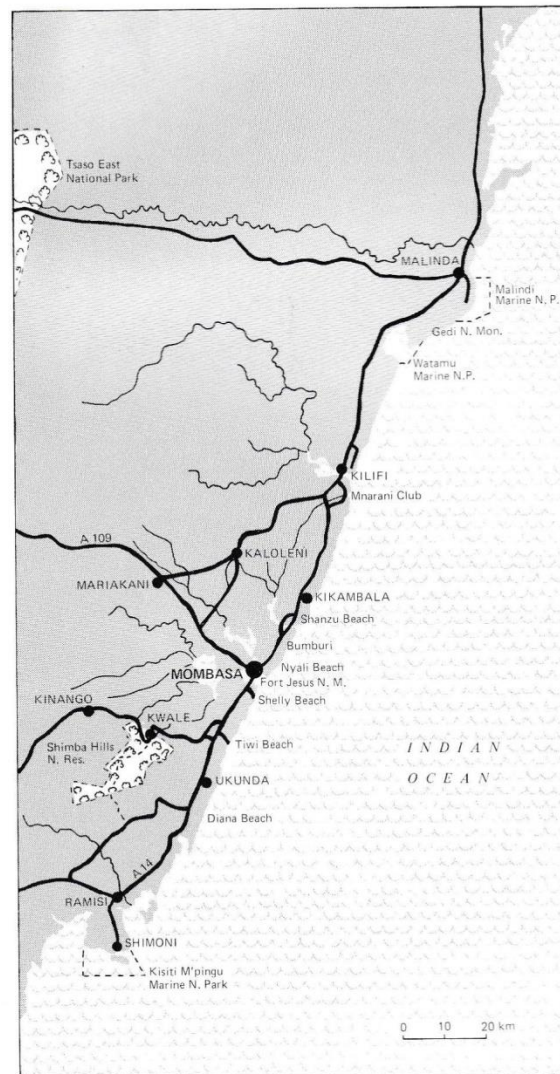
Gem stones are a good buy and shops for these are located in Moi Avenue. Street vendors sell Kisi soapstone and Kamba wood carvings.

Shops in Mombasa are open from 08.30 to 18.00 hrs. and closed for lunch 12.30 to 14.00 hrs. The city market is open Monday through Saturday from 08.30 to 15.00 hrs.

SPORTS AND PASTIMES.

A tropical paradise, Kenya's coast offers countless white palm-fringed beaches refreshed by trade winds and protected by a virtually continuous coral reef, running within a kilometre of the shore. The reef, which is broken only at Mombasa and Malindi, creates a series of blue lagoons, perfect for safe swimming and snorkling, yachting, windsurfing, deep-sea fishing and underwater fishing, just to name a few.

On the south coast at Diani Beach, a new sports center **South Coast Fitness and Sports Center** has been opened. Its facilities include shooting range, go-kart racing circuit, bowling etc.



Edited by Brian Hill

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