

THE TRAVELLER

msafiri

culture • connections • global style

FALLING FOR AFRICA

PULSE POUNDING ADVENTURES

BUSINESS TRAVELLER'S GUIDE: KENYA
* NAIROBI
* MOMBASA

UGANDA HOTELS

PICK OF THE PILLOWS

GREAT APES

TRACKING GORILLAS IN RWANDA

COUNTDOWN TO BEIJING

AFRICAN ATHLETES IN THE RUNNING

CHANGING FORTUNES

NIGERIA'S BANKING REVOLUTION

PLUS HOW TO...

- * FIND YOUR WAY IN LONDON
- * BUY THE BEST 4X4 IN AFRICA
- * TAKE A NEW LOOK AT OLD DUBAI
- * TREAT YOUR TASTE BUDS IN PARIS

THERE ARE THINGS MORE **IMPORTANT** THAN **FOOTBALL**

DIDIER DROGBA PAGE 40

FRENCH SECTION
PAGE 161

With the compliments of Africa's award-winning airline

 **Kenya Airways**
The Pride of Africa

 **SHEAM ASSOCIATE**

HEALTHY TRAVEL TIPS

Eight ways to help you reach your destination feeling fresh, relaxed and rejuvenated

- 1 BE PREPARED** Get a good night's sleep before you travel, eat a light meal and take some gentle exercise before arriving at the terminal.
- 2 DRESS DOWN** Wear loose, comfortable clothing and shoes that are not too restrictive.
- 3 HYDRATE** On longer journeys low cabin humidity can cause dry eyes, nose and throat. Drink plenty of water and fruit juice (keep alcohol, tea and coffee to a minimum as these can lead to dehydration). If possible, remove contact lenses and apply skin moisturiser and lip balm.
- 4 UNDER PRESSURE?** Occasionally your ears may feel blocked during take-off and landing. To help ease pressure, try sucking a sweet or yawning.
- 5 KEEP MOVING!** Keep your circulation going by standing up and walking in the aisle when possible. By carrying out some simple stretching exercises in your seat every few hours you will feel much fresher on arrival. Flex different muscles in your feet, legs, arms, shoulders and neck. Sluggish circulation causes tiredness, muscle cramps and water retention (the cause of swollen feet). It can also result in blood clots, which can be dangerous if they move to a vital organ.
- 6 EAT RIGHT** Eat a light, well-balanced meal before you travel and a smaller helping than usual on the aircraft. Avoid too much salt, sugar and dairy products - and also try to steer clear of fizzy drinks and gaseous food. Moderate your intake of alcohol, tea and coffee, and drink lots of water throughout the flight. Eating and drinking in excess, or consuming the wrong kinds of food, can lead to indigestion and uncomfortable bloating.
- 7 STAY FOCUSED** If you are prone to motion sickness during take-off, landing or in the event of turbulence, focus on a fixed object. Some people believe that applying pressure to your earlobes can reduce nausea.
- 8 WATCH YOUR BODY CLOCK** When travelling across time zones your body's sleep rhythms can become disrupted, leading to insomnia, loss of appetite and fatigue. Prepare your body clock by getting a good night's sleep before your flight. Try to give yourself a couple of relaxed days to adjust to new night and day cycles when you arrive. On quick trips, try to adjust your eating and sleeping pattern before leaving home.



HEALTHY HOLIDAYS

SARUNI SAMBURU

OPENING IN JUNE 2008, THIS LATEST ADDITION TO NORTHERN KENYA'S SAFARI CIRCUIT COMBINES WILDLIFE WITH WELLBEING

WHERE IS IT? Surrounded by a 95,000ha private conservancy, Saruni Samburu lies at the heart of Kalama Community Wildlife Conservancy, about 7km from Samburu National Reserve.

HOW DO I GET THERE? Fly to either the Kalama or Buffalo Springs airstrip, served by daily flights from Nairobi (Wilson Airport), Lewa and Meru.

WHAT'S SO SPECIAL? Perched on top of a hill, the lodge has superb views across the rugged and unspoiled plains and mountains of northern Kenya - an area renowned for its wildlife. From the large swimming pool you'll be able to look out over waterholes that attract species such as elephant, reticulated giraffe, zebra and oryx. But it's the lodge's Samburu Wellbeing Space that sets it apart from the herd.

SO, YOU GET BEAUTY AND THE BEASTS? Exactly. Expert staff combine health and beauty treatments developed at Italy's Centro Benessere Stresa with ancient Samburu wisdom and knowledge. *Olsinoni* leaves, for example, are used for their detoxifying and purifying properties, while pure gel from *Usuguru* (a type of aloe) is just the thing for removing skin impurities. A free 30-minute post-game-drive massage is included in the regular safari package.

WHAT ABOUT THE ROOMS? There are just six cottages, two of which are large villas with separate bedrooms and bathrooms - perfect for families.

AND THE FOOD? Saruni's cuisine has a strong Italian flavour, but you can also expect plenty of local touches using delicious fresh fish and vegetables.

HOW MUCH? All-inclusive prices start at US\$370 per person sharing.

CONTACT? * Cheli & Peacock (www.chelipeacock.com) * www.sarunisamburu.com

