



## INFORMATION ON NAIROBI

### Museums and Educational Centres

#### **National Museums of Kenya**

The National Museums of Kenya, Museum Hill, Westlands was founded by the East African Natural History Society (E.A.N.H.S) in 1910 and the Society's main goal was to have a critical scientific examination of the natural attributes of the East African habitat. It has throughout the years grown into an institution of both regional and international importance. The museum has become a leading centre of excellence, housing the finest museum collections and exhibits in the world.

As a custodian of the country's national and cultural heritage, the principal mission of the National Museums of Kenya is to *"collect, document, preserve and enhance knowledge, appreciation, management and use of these resources for the benefit of Kenya and the World."*

#### **Karen Blixen Museum**

*"I had a farm in Africa, at the foot of the Ngong Hills..."*

The Karen Blixen Museum is about 30 minutes outside of Nairobi and for those lovers of "Out of Africa" the museum will help take you back in time to breathe the spirit of the writer and the lives she immortalized. The Museum, originally built in 1912, was the home of the Danish author Baroness Karen Blixen and in 1986 it was converted into one of the National Museums of Kenya.

#### **The Nairobi Snake Park**

The Nairobi snake park is not a snake park per se, in actual sense it is a reptile park as it displays the representatives from all the members of the reptile group. A visit to the National Museum is not complete without making a visit to the snake park situated in the same grounds.

#### **The Giraffe Centre**

Situated just outside of Nairobi, this education centre gives guests and opportunity to get up close and personal with Rothschild giraffes. The objective of the centre is to provide free environmental education to the Kenyan youth and provide conservation for endangered species.

#### **Daphne Sheldricks Orphanage and The David Sheldrick Wildlife Trust**

*"A lifetime dedicated to the protection and preservation of Africa's Wilderness and its denizens, particularly endangered species such as elephants and black rhino."*

This is where Daphne Sheldrick has perfected the raising and re-integrating of orphaned elephants into the wild. She is involved in many conservation projects across Kenya and has a great understanding of orphans. The David Sheldrick Wildlife Trust is a small, flexible charity, established in 1977 to honour the memory of a famous naturalist, the founder warden of Tsavo East National Park. It only opens to the public from 11.00am until 12.00 daily.

#### **Nairobi National Park**

Only a few minutes drive from Nairobi, this park is as wild and eventful as any of the other game sanctuaries in Kenya. Though Elephant are absent, the rest of the big five can be found. Nairobi National Park is unique by being the only protected area in the world with a variety of animals close to a capital city.

### Sport (& Sports Facilities) in Nairobi

#### **Golf Courses**

- **Karen Golf Course** - Home of the Kenya Open Golf Championship. A very scenic championship course next to the house of Karen Blixen - the author of "Out of Africa".
- **Muthaiga Golf Club** – Also home of the Kenya Open Golf Championship - part of the European PGA. Past winners include Ballesteros, Woosnam and Canizaes. Near to Muthaiga Country Club.
- **Windsor Golf and Country Club** - An 18 hole golf courses, it boasts lush, springy fairways, island greens, attractive challenging water hazards and big beautiful American-style bunkers.
- **Ngong Racecourse Golf Club** – The newest addition to Nairobi's golf courses. In the middle of Nairobi's only race track

## **Racing & Polo**

- **Ngong Racecourse** - Kenya has a well developed equestrian culture. In Nairobi, racing is considered a popular sporting and social event. The Nairobi race calendar consists of at least 40 Sunday race meetings(August and September excluded), and Public Holiday races.
- **Nairobi Polo Club** - Polo is still very popular in Nairobi. The Nairobi Polo club is located off Ngong Road, and has regular matches, often hosting international competitors from Britain, Southern Africa, Europe and India.

## **Gyms**

There is an enormous selection of gyms in and around Nairobi, please ask your driver or hotelier where the closest one is if you are interested. They will all allow for daily membership.

## **Recommended Restaurants in Nairobi**

### **Sierra Brasserie**

The first boutique brewery and restaurant in East & Central Africa. The interior design is cosmopolitan and the food is influenced by an assortment of cultures including Kenyan traditional dishes.

### **Carnivore**

A restaurant that is ideal for meat lovers. Some say that a trip to Kenya is not complete without a meal at the Carnivore.

### **Talisman**

Owned and managed by a couple who have lived in Kenya for years. The Talisman has been open 2 years and has proved to be one of the most popular restaurants in Nairobi. The menu has a wide selection to suite all taste buds.

### **The Rusty Nail**

Set in very beautiful grounds, the Rusty Nail offers great home cooked food.

### **The Haandi**

The Haandi is one of the top Indian restaurants in the country. A perfect choice for anyone who enjoys authentic Indian cuisine

### **The Misono**

The Misono is Nairobi's finest Japanese restaurant. They have 2 private dining rooms, which are ideal for parties of 5 or more who like privacy.

### **Mediterraneo**

Mediterraneo recently opened at The Junction shopping mall and is proving to be one of the best Italian restaurants in Nairobi.

### **Le Pampa**

Le Pampa is a new Brazilian restaurant in Nairobi, situated 10 minutes from the International airport. Le Pampa is ideal for clients who want a hearty meal before departing connecting with their international flight.

### **Tamarind**

The Tamarind is considered one of Nairobi's top seafood restaurants. The sister restaurant is based in Mombassa. Fresh fish and seafood are bought up from Mombassa every day.

### **Osteria Del Chianti**

One of Nairobi's top Italian restaurant and a favourite with many of the Nairobi residents. Situated 15 minutes from the city centre