




The Soul of Intimacy

The Experience

A 9 Day Immersive Journey

February 16-24th, 2024 - Kenya



“Tell me, what is it you plan to do with your one
wild and precious life?”

–Mary Oliver

WELCOME / KARIBU!

We are so happy to welcome you to an adventure of a lifetime and cannot wait to share this heart-opening experience with you!

This document is provided for you so that you can prepare for your journey.

To make your trip as enjoyable as possible, we will outline some essential things that will be useful for you as we get closer to our arrival in the magical land of Kenya.



ABOUT THE LOCATION

Our immersive experience location is set on the foothills of Mt Kenya. The vastness of this land provides a beautiful, tranquil space for us to re-connect with nature, ourselves, and the local culture.

Here we are able to embrace a world where the day-to-day busy-ness of life can be forgotten. This remote secret gem is the perfect place for our experiential journey.

This region includes a dramatic landscape with open grassy plains, high altitude plateaus, acacia bushland, and forested valleys. It is home to one of the most stunning wildlife reserves in Kenya both in terms of landscape and variety of wildlife.



ABOUT OUR ACCOMMODATIONS

Our venue is the exclusive Olepangi Farm. A secret slice of paradise, Olepangi offers a luxury haven for travellers seeking a true sense of place in their surroundings. Totalling 120-acres, the farm has astonishing views of Mt Kenya, the second highest mountain in Africa at more than 17,000 feet.

As guests we will bask in the tranquillity of the surrounding gardens, an infinity pool, the river, horses, cows, wildlife, and vast nature. The luxury property has a number of books and art collected over the years from the owners' travels around the world.



CUISINE & THE FARM LIFE

"Activity" at Olepangi Farm is about discovery, self-reflection, and a deep awareness of your relationship to the world.

The chefs and garden team begin the day gathering fresh organic produce from the garden, which will miraculously appear on your plate at lunch and dinner.

The Olepangi team are happy to share their sustainable agricultural practices with us as we explore the land during a tour of the farm. They also grow their own flowers for the rooms and common spaces as they believe you can never have too many flowers.



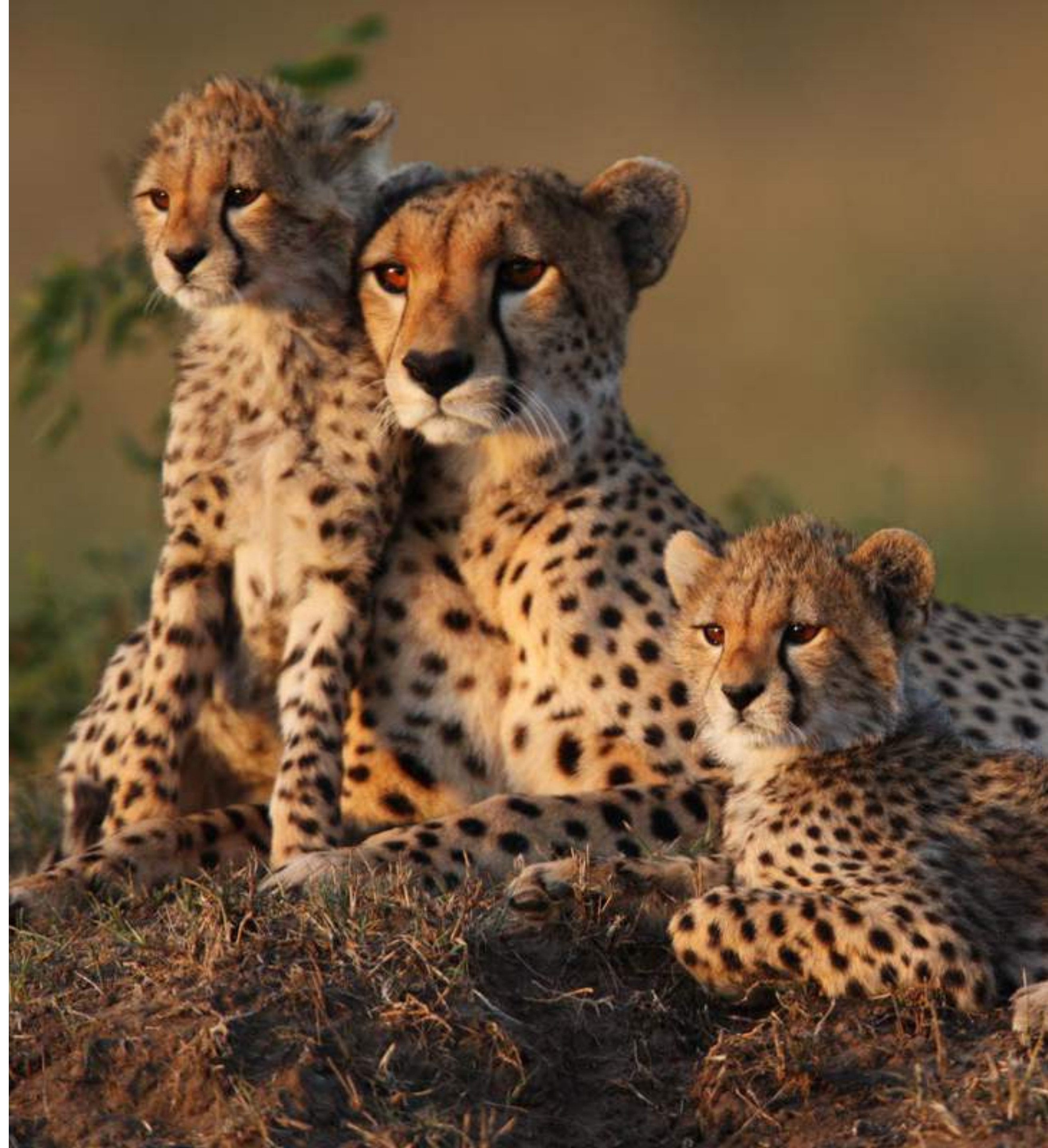
WILDERNESS SAFARIS

We will be going on two separate day trip wildlife safaris. The areas we'll be exploring have outstanding views of Mount Kenya and the Aberdares.

The Lolldaiga range is one of the areas we will be travelling through. It is an ancient land form, comprising of a series of magnificent high folding hills, cedar forests, open grassland and wooded valleys.

A well documented series of archaeological finds, cave paintings and burial mounds show that this area has been a treasured home since early mankind.

Lolldaiga provides a home for a huge number of wildlife and bird species. Frequently spotted animals include elephant, buffalo, lion, hyena, jackal, giraffe, zebra, vervet monkeys and baboons. And if we're lucky, leopard and cheetahs!



ARRIVAL DAY - FEBRUARY 16TH

Our driver will be picking you up based on when your flight lands in Nairobi. Please send us your flight details once you've booked.

For those of you travelling a long distance away, it is advised that you come a day early and stay the night at the Crowne Plaza Nairobi Airport Hotel. The hotel offers a free airport shuttle service to take you to the hotel which is only 5 minutes from the airport. You can arrange this directly with them.

On the morning of the 16th, our driver will meet you at 10am in the lobby, giving you plenty of time to rest and enjoy breakfast. He will take you with your group to Olepangi Farm, which depending on traffic, is approximately 4 hours.

Arrival Time at Olepangi: Approximately 3pm

Experience Start Time: Welcoming Ceremony at 6pm

Dinner: 7:30pm

DOCUMENTS + INOCULATIONS

The 2 documents you will need to show upon entering Kenya are:

- 1) Passport
- 2) Visa

VISA:

For your visa, please apply here: <https://evisa.go.ke/single-entry-visa.html>

Application is pretty straightforward and costs \$51. Allow 1-3 days to process, but we recommend applying many days in advance to be on the safe side.

VACCINES:

Vaccines are NOT mandatory for entering Kenya. However, there are a few vaccines/ pills that are recommended for Yellow Fever, Typhoid, and Malaria, amongst others.

Please do your own research, consult your doctor, and do what is right for your body. Also, there are homeopathic alternatives, but please seek the advice of your health care practitioner.



WHAT TO BRING

- Comfy leggings and clothing for movement and workshops
- Bathing suit
- Warm clothing for evenings
- Casual walking shoes or sandals for relaxing around the property
- Hiking boots for hikes and safaris
- Sun protection: Lotion, Hat, Sun glasses
- Waterproof clothing in case of rain
- Small bag or backpack to bring on safari days
- Bug spray
- Dress for group photo shoot
- Adaptor for electrical chargers
- Kenyan Shillings if buying anything or for tips
- Binoculars if you have any, although the property has a few there you can use.



WEATHER

Kenya is hot and dry in February. Most of Kenya averages 72 to 85°F. Evenings cool off considerably (sometimes hitting 55°F), so plan accordingly.

There's no rain but you'll still want a jacket and long pants for nighttime activities. The nights can be cool, so we recommend a sweater or something to keep you warm for those star gazing nights!

Set on the foothills of Mount Kenya, Olepangi Farm is situated just 1 degree south of the Equator. The sun can be quite potent and highly recommend sun protection.



ADDITIONAL INFO

- There will be a cleaning staff on site that will clean your room, provide you with fresh linens and towels, and refill your glass bottles of water.
- There is organic body wash, shampoo, conditioner, and body lotion in your room.
- There is wifi throughout the property and the wifi passwords will be provided for you in your room and in the common areas.
- It is advised not to drink or brush your teeth with the tap water. There will be purified water for you throughout your room and property.
- If you'd like to bring a book to read, a pad for drawing, or anything that inspires you to create, feel free to bring!
- There will be some optional activities in the afternoons that will be offered during your stay.

DEPARTURE DAY - FEBRUARY 24TH

Our Closing Ceremony will be the evening of the 23rd of February

Breakfast will be served at 9am on departure day.

The driver will be there to pick us up at Olepangi between 11am-12pm and will drive us to either the Nairobi airport or to the Airport Hotel depending on when your flight is due to leave.

No good byes, only see you later!



We look forward to being with you in Kenya!
With Love,
Marianna & Kate