

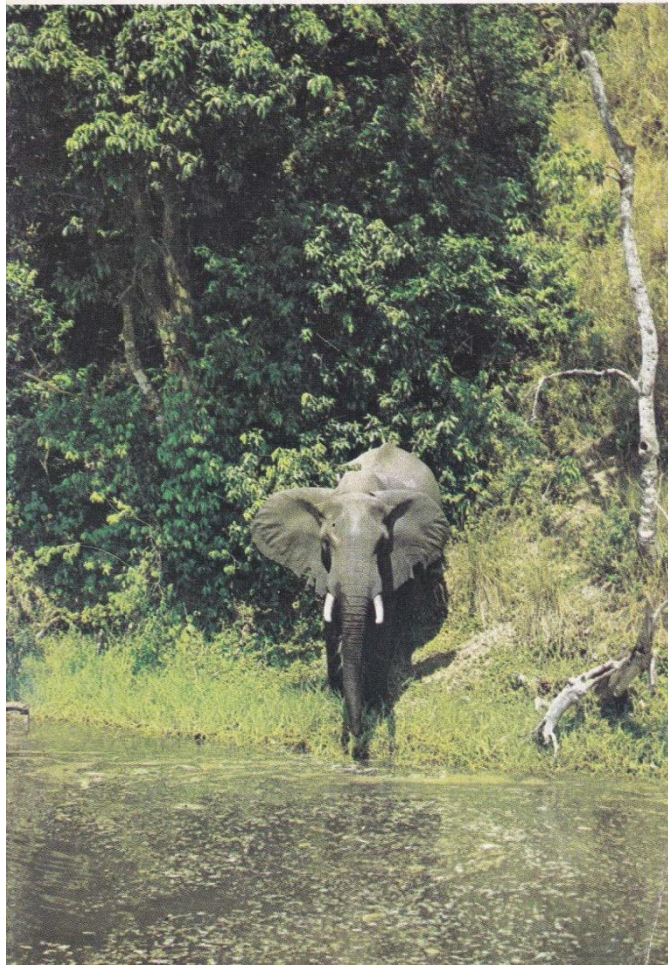


SAS CITY PORTRAIT

Nairobi

4th ed.

SAS SCANDINAVIAN AIRLINES



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The information given in this booklet is based on facts available in May 1970.



Front cover: Game is always plentiful by the water holes and rivers.

Introduction

Nairobi, the capital of Kenya and seat of government, is the commercial, traffic and cultural center of East Africa.

A little more than sixty-five 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.

One hundred miles (160 kms.) south of the Equator at an altitude of over 5,500 feet (1,800 meters) Nairobi has a pleasant semi-tropical climate. It is unique in that it is but a short distance away from the real Africa: the Africa of magnificent scenery, fascinating peoples and, above all, wild life. 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.

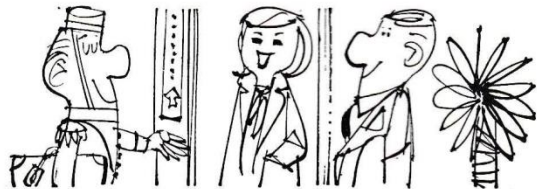
Organized tours make it possible for the visitor to enjoy all the principal sights of Kenya in complete comfort. The sportsman and adventurer have plenty of opportunities for hunting, mountaineering or fishing, and for the photographer, this colorful land astride the Equator is simply a paradise.

Your first hour in Nairobi

SAS staff will be available to assist you through the passport and customs controls and will advise you on any currency problems. You may change money at the bank at the airport or in the town, and most hotels will accept traveller's cheques. The airport facilities include a post office for passengers and an information bureau.

There is a bus service from the airport to the city. The charge is Shs. 5/- per person.

The monetary unit is the East African shilling divided into 100 cents.



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, through the SAS Travel Planning Service, detailed information and assistance in obtaining reservations. Should you arrive unaccommodated, however, the local SAS office (tel. 20711) will do their best to help you.

First class

Nairobi Intercontinental (G8)

Sgt. Ellis Ave./Uhuru
Highway
Box 30667
Tel. 29661 & 29881

Nairobi Hilton (I6)

Government Road
Box 30624
Tel. 29751

New Stanley (H6)

Kenyatta Ave.
Box 30680
Tel. 27456

Panairic (D8)

Kenyatta Ave.
Box 30486
Tel. 21245

Norfolk (F3)

Government Road
Box 64
Tel. 27431

Tourist class

New Avenue (G6)

Kenyatta Ave.
Box 2382
Tel. 28711

Ambassadeur (I6)

Government Road
Box 30399
Tel. 26803

College Inn (G4)

University Way
Box 30471
Tel. 20268

Mayfair Hotel (off map)

Sclaters Road
Box 2680
Tel. 56931

Safari Park Hotel (off map)

Thika Road
Box 288
Tel. 80 23 11

(6 miles from Nairobi but transport provided to and from city at regular intervals at nominal charge)

The rates for hotels in the first class category are between 80/- and 140/- for a single with bath and between 150/- and 220/- for a double with bath. Rates for more moderately priced hotels range from 65/- for a single and 110/- for a double. These prices include breakfast but exclude a 10 % service charge.

The voltage in Nairobi is A.C. 220-240 V.

Restaurants

Restaurants in Nairobi offer a tempting variety of food with both international and oriental cuisine. Kenyan 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 of your hotel expect a bill of 5/- to 10/-, lunch 15/- to 20/-, and dinner from 15/- to 30/-. Most restaurants offer à la carte meals, and there are several snack bars serving meals at reasonable prices.

Beer and alcoholic beverages are served from 11 a.m. to 2 p.m. and 5 p.m. until closing time.

Continental

Ambroseli Grill (I6)

Nairobi Hilton
Government Road
Dancing nightly (except Sundays)

Le Chateau (G8)

Hotel Intercontinental
Sgt. Ellis Ave./Uhuru
Highway
Dancing nightly

Don's Grill (I7)

Silopark House
Queensway

Norfolk Hotel (F3)

Government Road

Stanley Grill (H6)

New Stanley Hotel
corner Kenyatta Avenue/
Kimathi Street
Dancing nightly





New Simba Grill (D8)

Panafric Hotel
Kenyatta Ave.
Dancing nightly

The Lobster Pot (I6)

Northey Street
Seafood

Topaz Grill (G6)

New Avenue Hotel
corner Kenyatta Avenue/
Koinange Street
Dancing nightly

Chinese

Pagoda (J7)
Government Road

French

Alan Bobbe's Bistro (F5)
Koinange Street

Italian

Lavarini's (I6)
Government Road

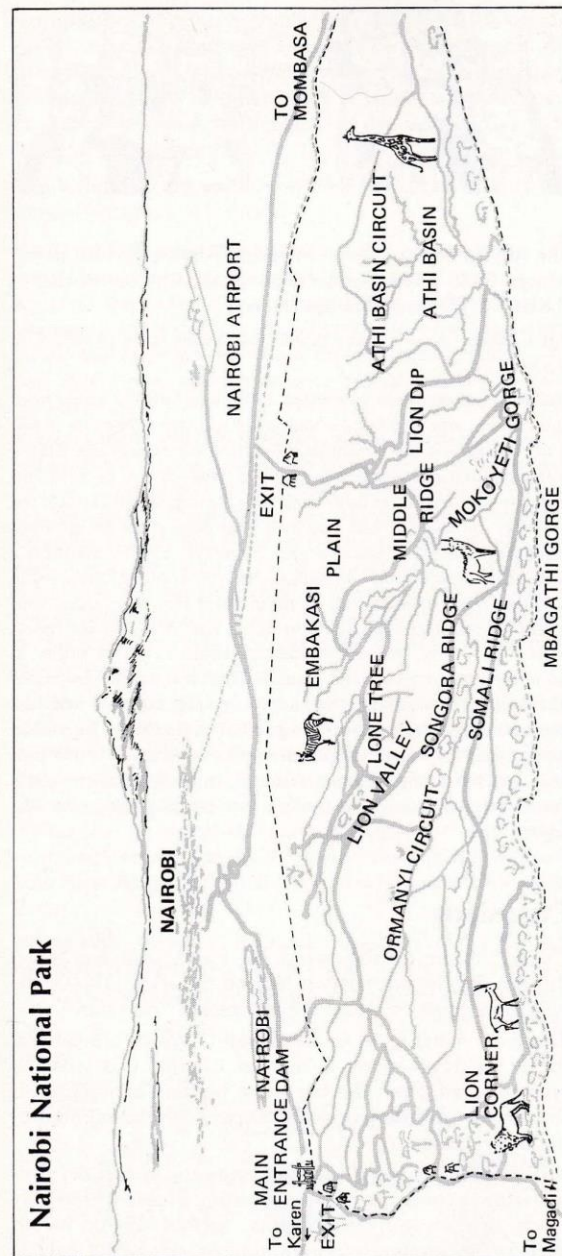
Sights

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.

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 this museum makes a fine and informative start for the Kenya visitor. It is open daily from 9 a.m. to 6 p.m. including Sundays. Admission fee. There is also an excellent Snake Park attached to the museum, and the visiting hours and admission fee are the same as for the museum.

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.





New Simba Grill (D8)	Chinese
Panatric Hotel Kenyatta Ave. Dancing nightly	Pagoda (I7) Government Road
The Lobster Pot (I6)	French
Northey Street Seafood	Alan Bobbe's Bistro (F5) Koinange Street
Topaz Grill (G6)	Italian
New Avenue Hotel corner Kenyatta Avenue/ Koinange Street Dancing nightly	Lavarini's (I6) Government Road

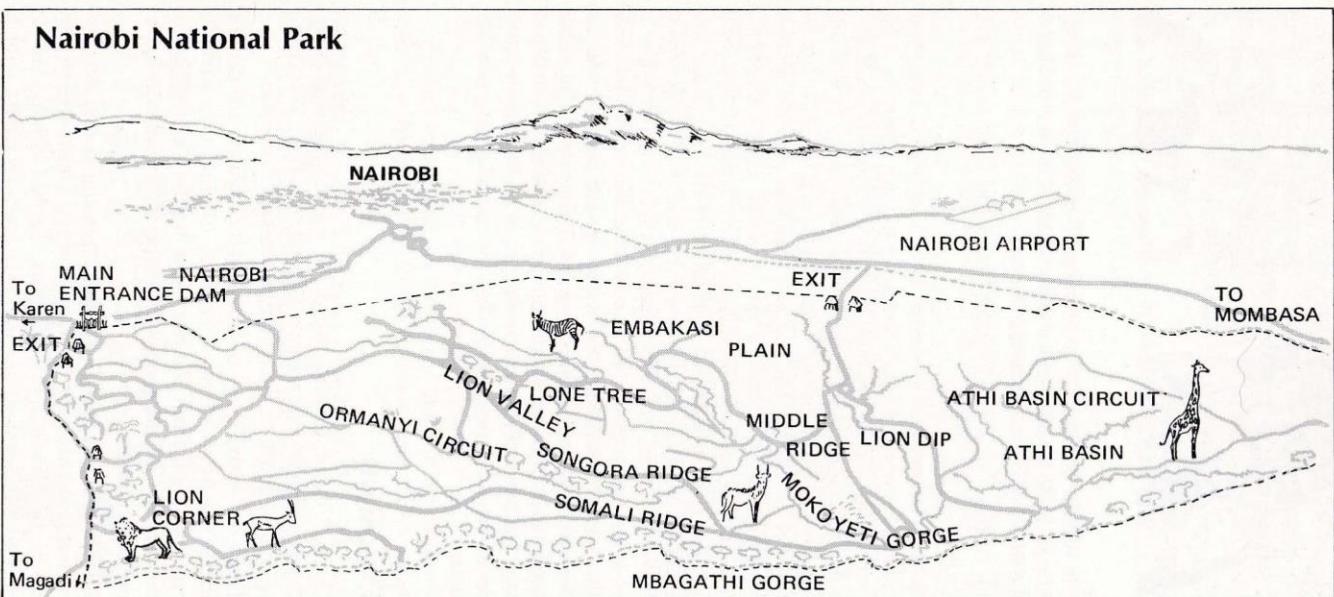
Sights

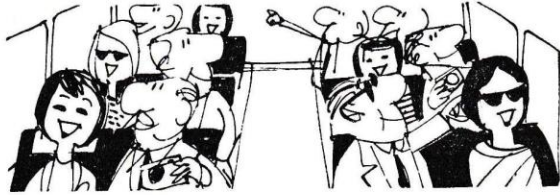
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The African Section of the Municipal Market consists of the African Curio and the basket-work sellers. This section lies at the back of the main Municipal Market.

Art Gallery – New Stanley Hotel (H6). Open daily from 9 a.m. to 5 p.m.

Nairobi National Park (see map). Only five miles (8 kms.) 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. Forty 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 3 to 7 p.m., the real enthusiast would probably prefer to go in the morning between 7 and 9 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: 20/- per person; per child 1/-; plus 20/- for car.

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, from the big-game hunting expedition to the family excursion, 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, would 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 100 miles (160 kms.) of Nairobi:

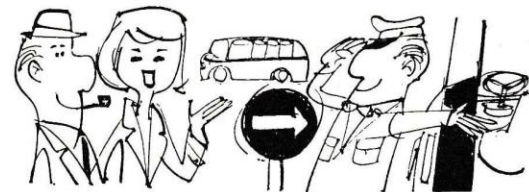
The Great Rift Valley. This beautiful valley with its extinct volcanoes stretches from the Dead Sea through Ethiopia and Kenya to the Indian Ocean at Mozambique. The scenery is fascinating and there is a magnificent view from the Limuru Escarpment along the main road from Nairobi to Nakuru. The road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

Crescent Island Wildlife Sanctuary in Lake Naivasha is only 54 miles (86 kms.) from Nairobi and is recognised 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 2½ miles (4 kms.) 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 100 miles (160 kms.) 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

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

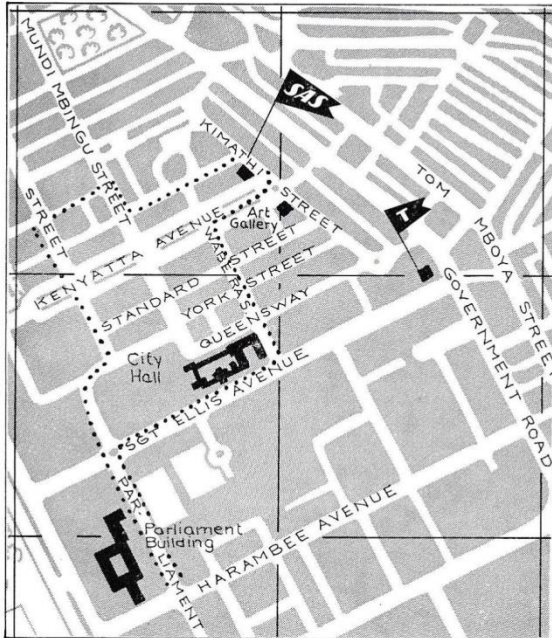
Interesting sights in Nairobi

- (E1) The National Museum.
- (E4) University College, Nairobi.
- (G6) The Municipal Market and the African Curio Market.
- (H6) The Art Gallery.

Useful addresses

SAS SAS Office:
 Ottoman Bank Building,
 Corner Kenyatta Ave./Kimathi Street. Tel. 20711.
 Open: 8.30 a.m. to 12.30 p.m. and 2 to 5 p.m.
 Saturdays 8.30 a.m. to 12.30 p.m.

T Tourist Information Bureau:
 Junction of Queensway and Government Road. Tel. 23285.
 Open: 8.30 a.m. to 12.45 and 2 to 4.30 p.m.
 Saturdays 8.30 a.m. to 12.30 p.m.



One hour's walk around Nairobi

Start from the SAS Office in Kimathi Stret. Turn right into Kenyatta Avenue, continuing to Wabera Street. Cross the avenue and walk up Wabera Street to Sergeant Ellis Avenue. 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 Portal Street, passing the Juma Mosque on the left and the McMillan Library. Continue along Portal Street to Kimathi Street, turn right and you are back at the SAS Office.

(cont'd from page 9)

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 season. The distance from Nairobi to the foot of the Ngong Hills is approximately 20 miles (32 kms.). The road passes through the village of Karen, named after the 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 100 miles (160 kms.) 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 saltlick, you return to the Outspan Hotel the next morning for breakfast.

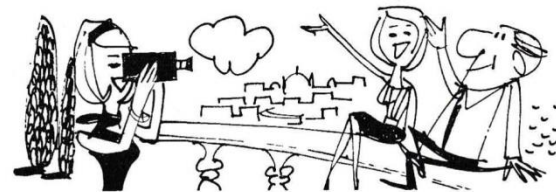
The Ark. This luxurious modern Ark rests on a 7,600 ft. (2,300 meters) spur in the Aberdare National Park surrounded by mountains and forest. From the many open and glass-enclosed verandahs you will be able to view a variety of animals, such as bushbuck, elephant, buffalo, rhino and forest hog, coming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

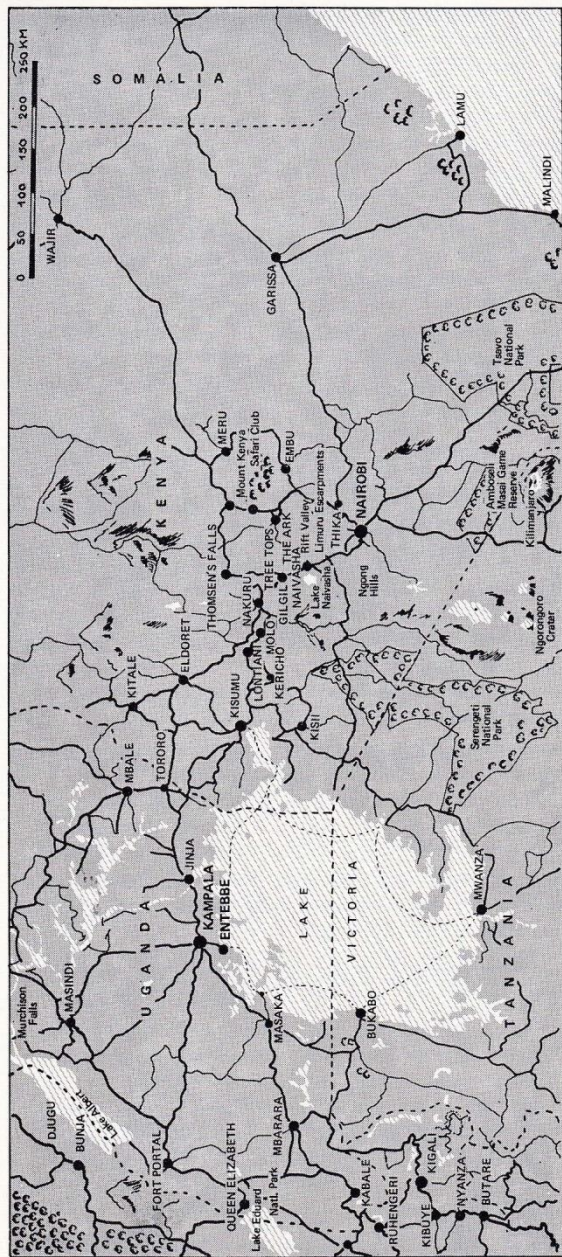
Bookings can be made through any travel agent or directly with the Ark's own booking office in Nairobi.

Further 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 elephant.





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.

Serengeti Plains. The Serengeti Plains in Tanzania are famous for game, especially lion. One-day excursions by air are possible from Nairobi on Sundays, in the dry seasons only.

Ngorongoro Crater. The Ngorongoro Crater in Tanzania is one of the world's largest craters being over nine miles (15 kms.) in diameter. The crater walls rise 2,500 ft. (840 meters) above the crater floor which abounds with game. On the way to the Ngorongoro Crater is Lake Manyara Game Reserve which is famous for its buffalo, elephant and bird life.

Mombasa. Mombasa is approximately three hundred miles (480 kms.) from Nairobi, and is easily reached by plane or train. With its Arab influence and beautiful beaches, Mombasa has a great deal of charm.

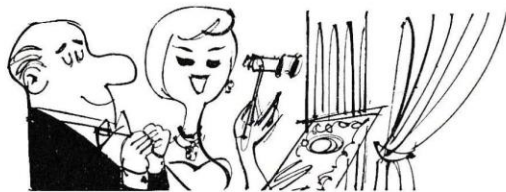
Approximately 87 miles (140 kms.) north of Mombasa is Malindi, a favorite seaside resort noted for deep-sea fishing, water-skiing and snorkeling.

Entertainment and night life

A relatively young city, Nairobi has not as yet the abundance of varied entertainment which is found in Europe and America. For the most part, entertaining is done at home or in clubs. However, dancing is available nightly in many hotels and restaurants. (See list on page 5). 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 floor show. In the Gaming Room you can try your luck at Roulette, Baccarat, Blackjack, Craps and Punta Y Banco. Open daily from 7.30 p.m.





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 (telephone 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) 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 the map) which is five miles (8 kms.) along the airport road, and the Drive-In, six miles (10 kms.) from Nairobi on the Thika Road. The cinema programs are all advertised daily in the local press.

Tipping

Some hotels charge for service and it is customary to add a tip for personal service rendered. Guests are expected to leave a shilling for the room-boy on an overnight stay, or five shillings if you have stayed at the hotel one week. Bartenders do not expect tips but for service at the table a tip of 10 % is considered reasonable. During a safari you are expected to tip generously.

Shopping

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

The following are some of the shops that sell typical native work: The African Curio Shop (H6), City Furriers (H6), Mackay's (H6), Madame Louise (H6), Rowland Ward (E.A.) Ltd. (H7), and the Zanzibar Curio Shop (H5).

Normal shopping hours are from 8 a.m. to 5 p.m. Asian shops usually stay open until late in the evening.

Bank hours are 9 a.m. to 1 p.m. and Saturdays from 9 to 11 a.m.

Transportation

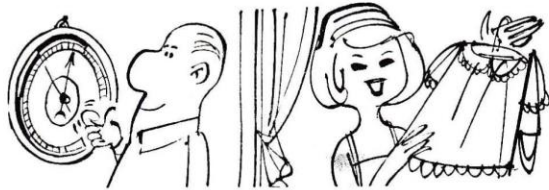
You may order a self-drive car for use on arrival through your local SAS Office. Roads are generally not of the highest standard, but the network of main roads are paved and secondary roads are passable all year except in abnormally heavy periods of rain (see "Climate"). Remember, by the way, you drive 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. Domestic air services operate from Nairobi Airport. For local travel it is always possible to hire a chauffeur-driven or self-drive car. For details contact the SAS office.

Sports

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 in particular is an ideal center for all kinds of water sports – yachting, surf-riding, swimming and fishing, including deep-sea fishing and underwater fishing with goggles and harpoon guns.

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 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 temperature, however, is never unbearable. It rarely rises above 80°F (27°C) in the middle of the day and is usually about 50°F (10°C) in the early morning. Clothing presents few problems to the visitor to Nairobi or the highlands.



Lightweight suits and cotton frocks are the 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.

Churches

Anglican: All Saints' Cathedral (F8), 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.

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

Public 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	Labor Day.
June 1	Maderaka Day.
1st Monday in August	Bank Holiday.
October 21	Kenyatta Day.
December 12	Independence Day.
December 25	Christmas Day.
December 26	Boxing Day.

Name of my hotel: _____

Address: _____

Tel.: _____

Edited by Alan C. Lovejoy

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Our Special Meal Service

If your diet is governed by religion, health, or regional preference, or if you need something different from the regular menu, ask your SAS office or travel agent about the SAS Special Meal Service.

This extra SAS service allows you to preorder from eight different categories of special meals – 70 dishes, among which we are sure you will find a meal to suit your individual taste, or that of your children.

